





Recipe Book

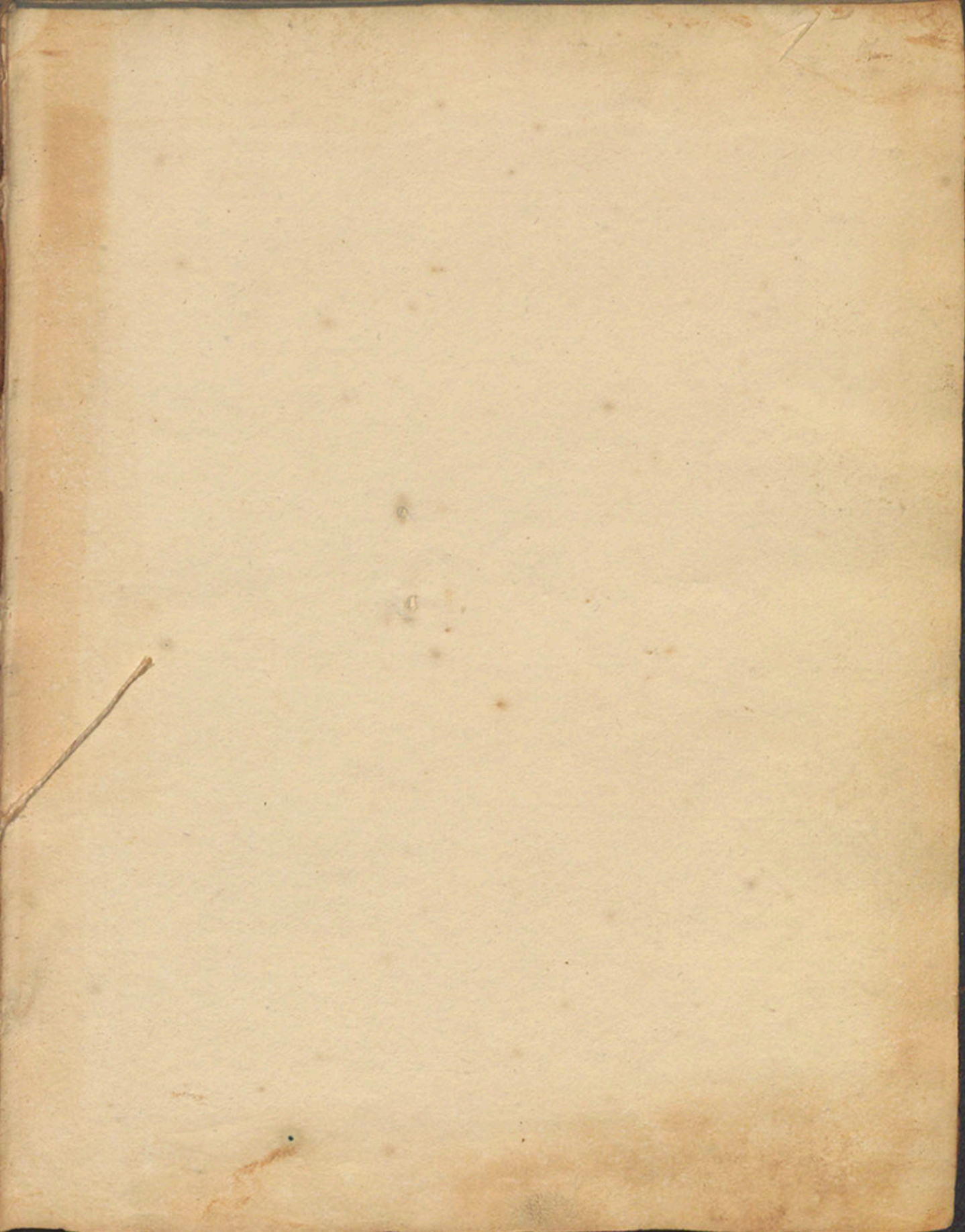
The Man that sells the Powder for  
the Stone lies in old Scotland Yard  
at White Hall his name is Price a Vintner

The Jew Lady that cures sore eyes lies in  
Billetes Court in Fenchurch Street

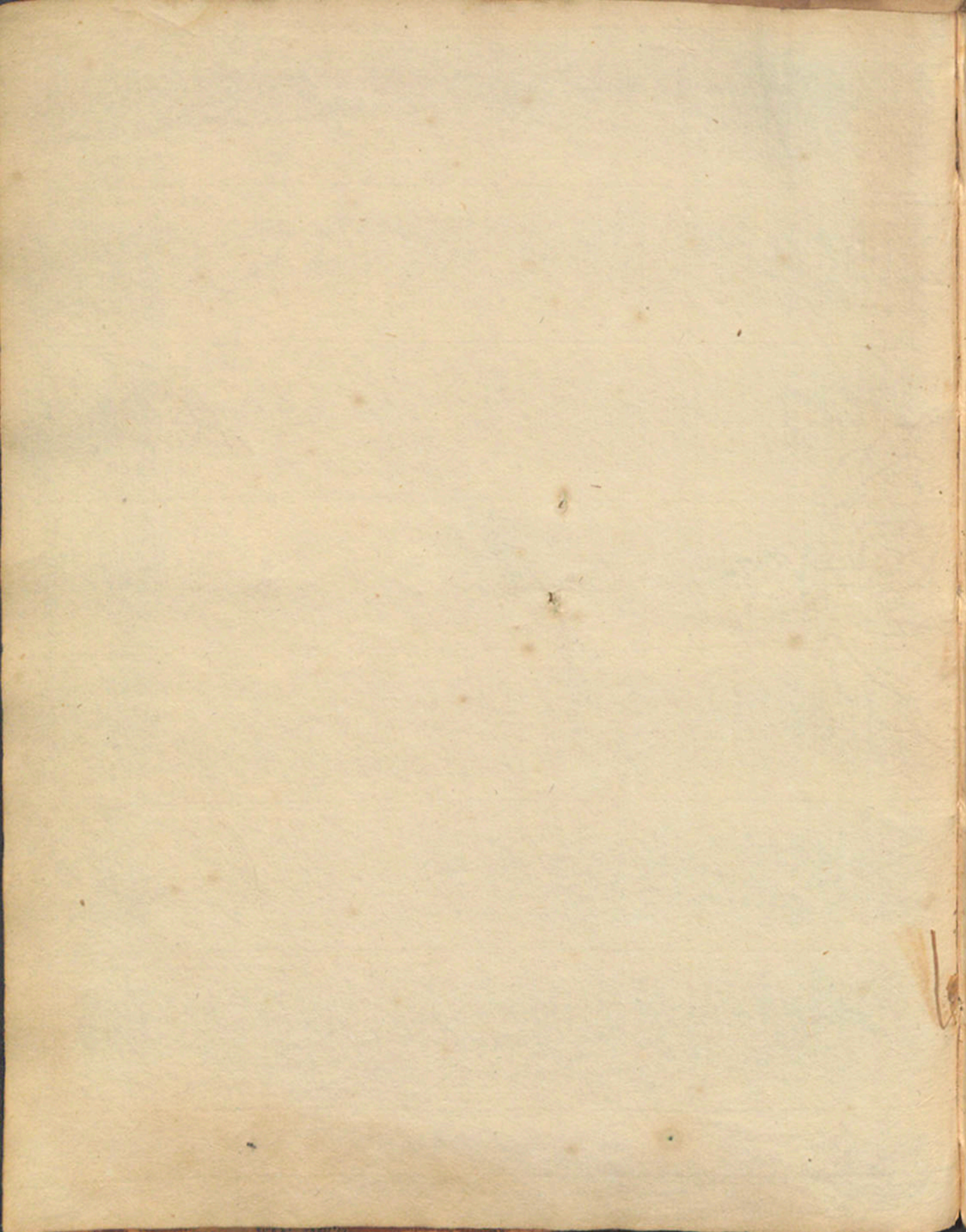
putt in the first Pickle  
June 4<sup>th</sup> 28

made

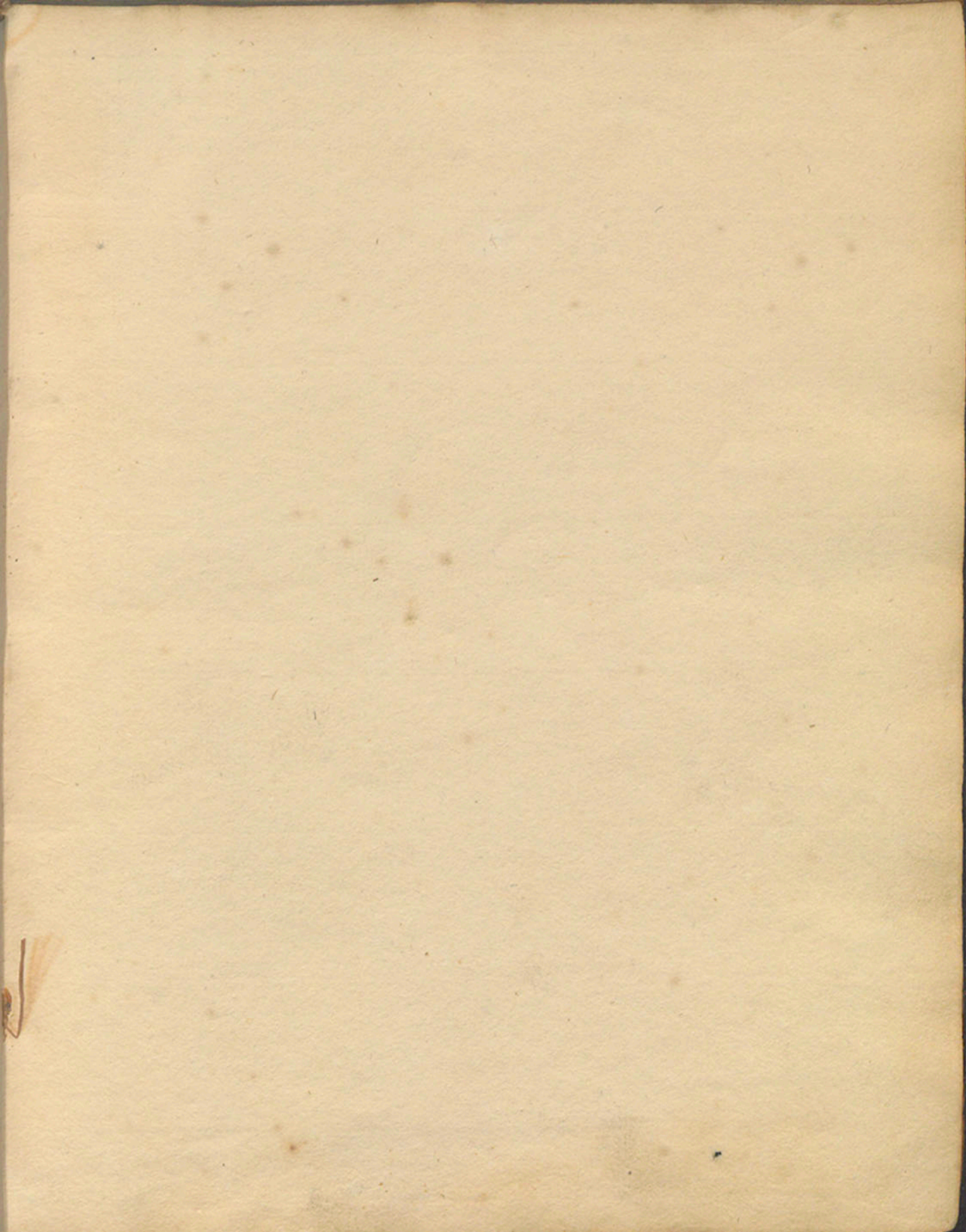




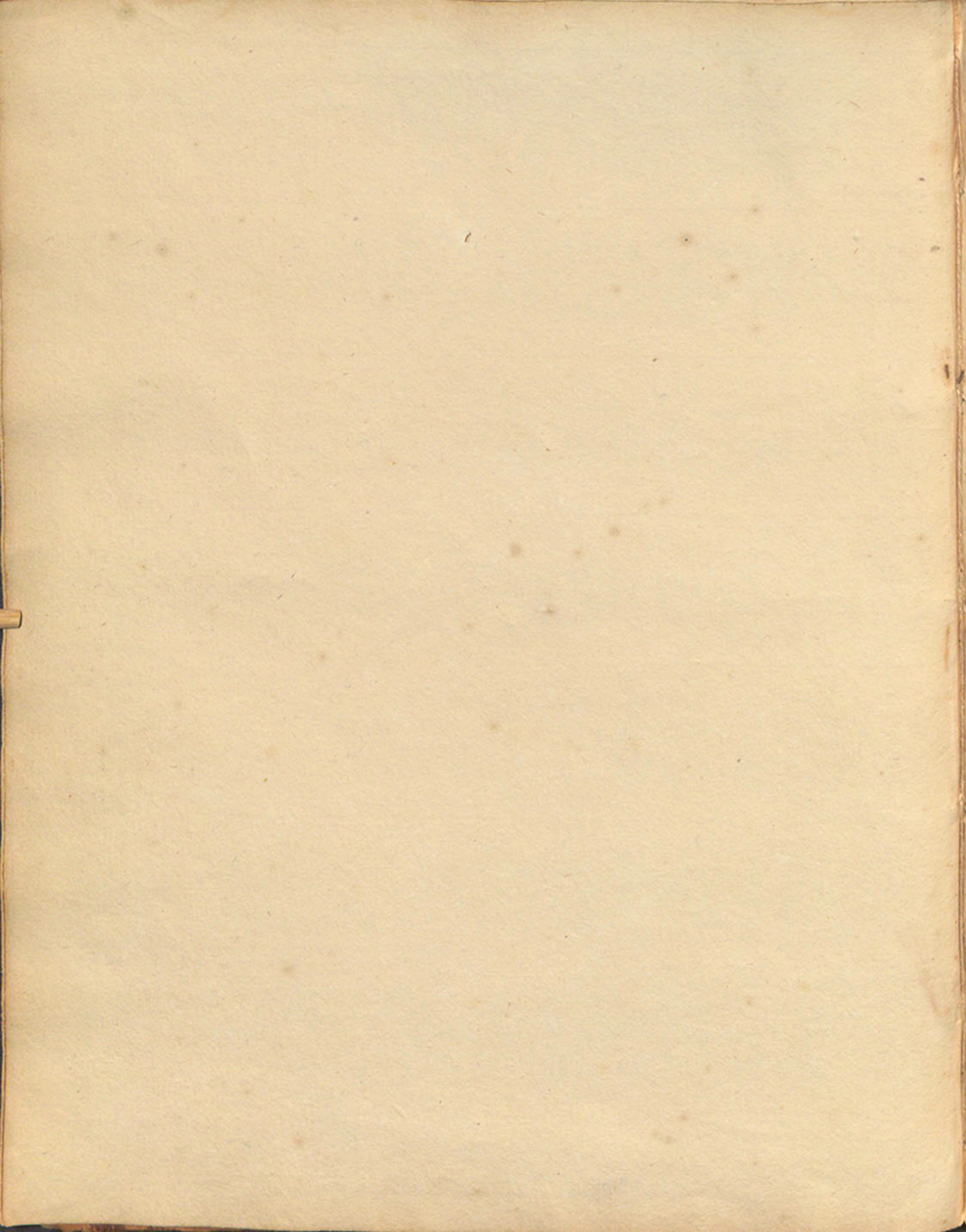




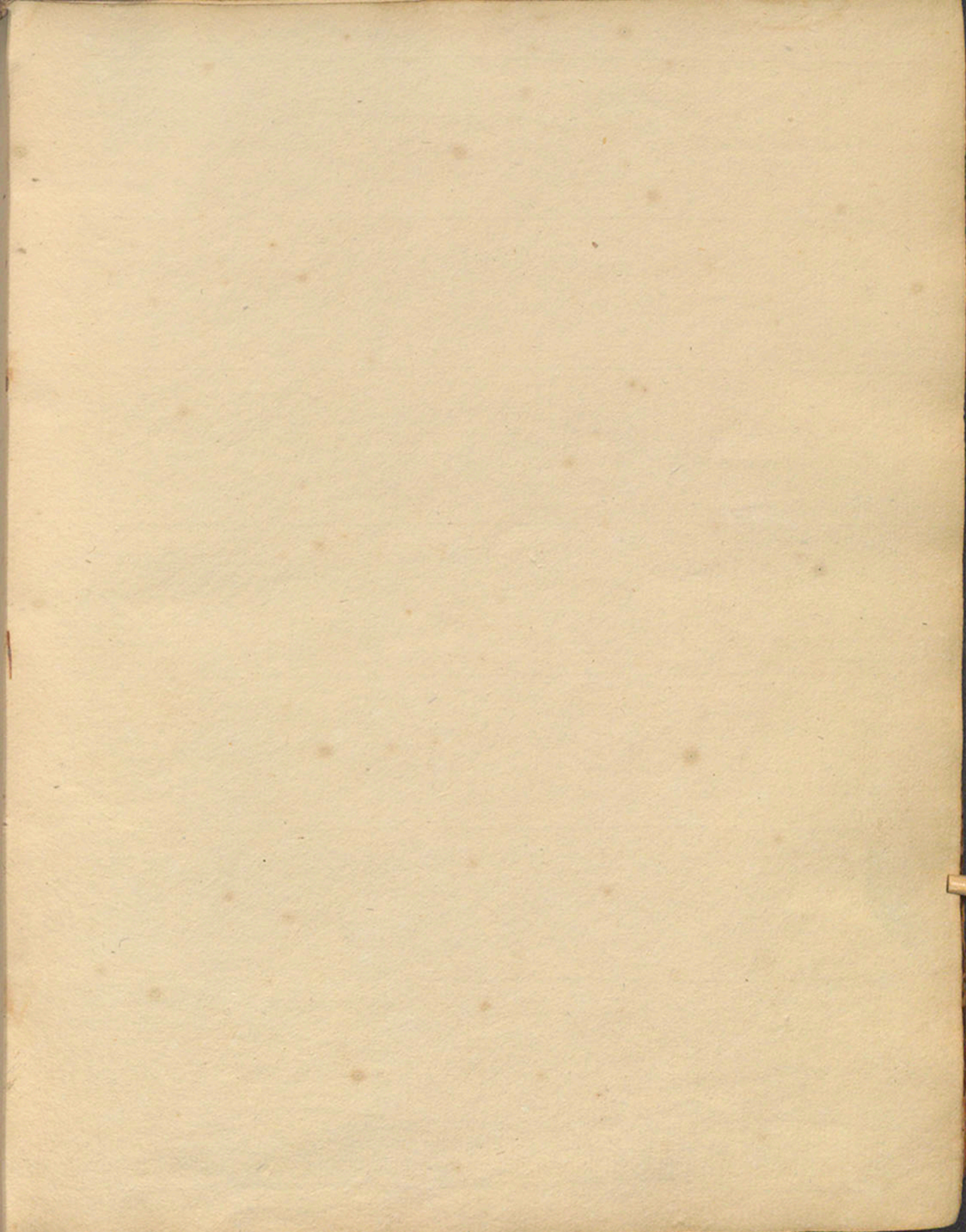




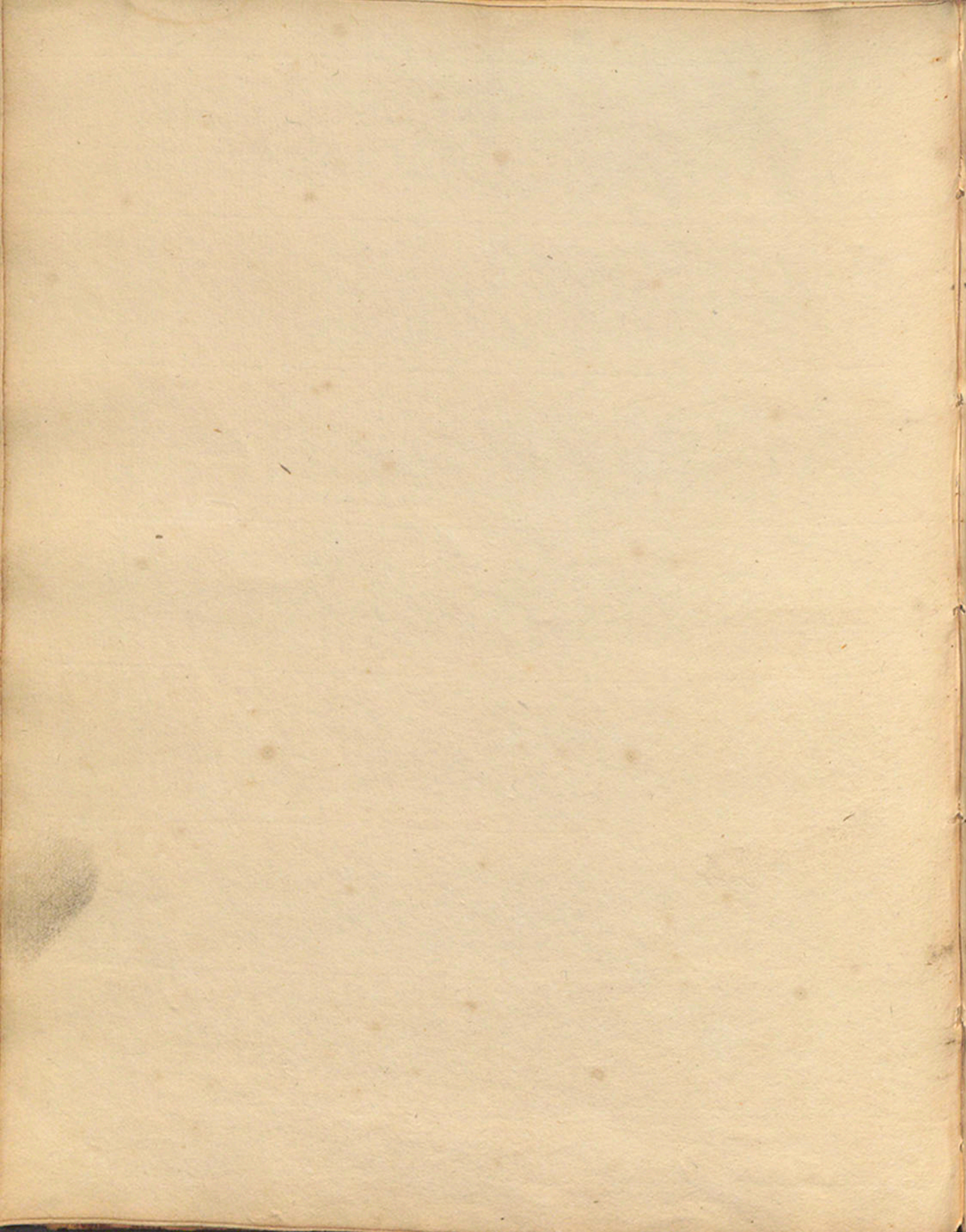








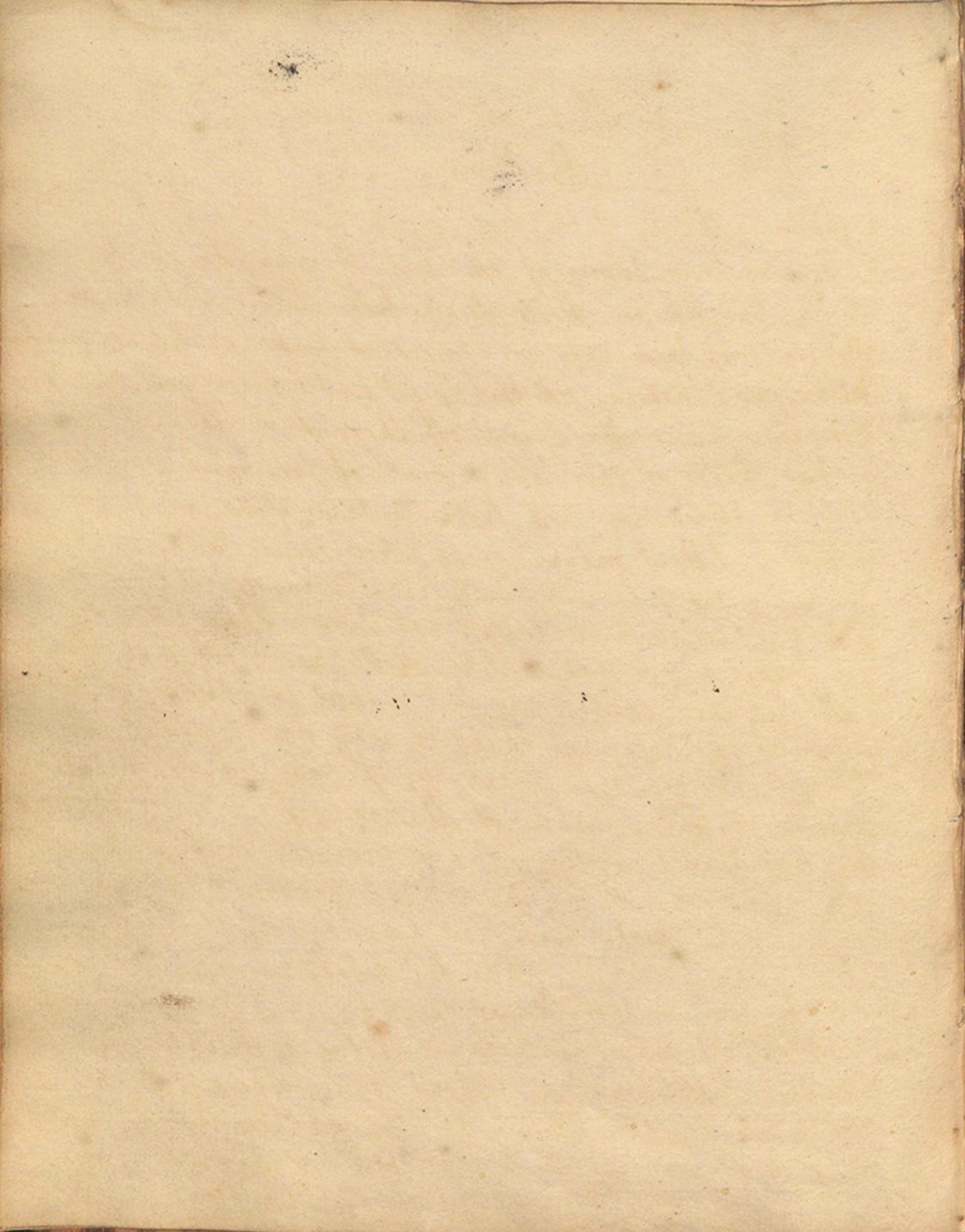














To Make an incomparable  
Ballome

Take one Pint of the best Spirit of Canary sack, or Brandy  
 put to it three Ounces of the best Sarraparilla and two Ounces  
 of the best China Roots Beate bothe there in to Grose  
 Powder put them into the Spirit of sack and let them infuse  
 with some shaking till the Spirit be tinged yellow then  
 Goto then Clear the Spirit off through a Strainer and then  
 to two Pints of the same Spirit of sack put ten ounces  
 of Gum Guaiacum well beaten into as fine a powder as  
 you can lett it infuse being Close stoped with Continewall  
 shaking till it bee all dissolved excepting the Dregs which  
 will bee done in three daies if well followed then lett it settle  
 and Clear it off into a Clean Bottle and mix them very  
 well together againe and put into it one Ounce of Naturall  
 Balsome of Peru and shake it very well together againe  
 which will bee done in one day if well followed then Add  
 unto it halfe an ounce of Balsome of Givian or Guaiacum  
 the best that can bee got and Mix the last and first  
 Compositions well together with Continewall shaking  
 and by the Corke very fast down till it shoud fly out  
 when you Perceave it to bee wholly incorporated which  
 will be done in three dayes then keepe it Close stoped for  
 your use it will Continue its Virtus a Hundred Yeares  
 lett the Bottles you use about it bee Strong Double  
 Bottles till tis done then you may put it in Pints but  
 they must bee very Strong or they will Break  
 The Virtues are as followeth



It Cureth the French Pox Infalibly being Taken two ounces at a time in the morning fasting and Sweat after it three Daies in a weeke untill the Party hath taken one Pint at the least in the Spring and as much in the fall it also Cureth the Scurvy or any Corruption of the Blood halfe a Spoonfull of it mixed with Conserve of read Poses and taken Morning and evening Stops any inward Bleeding being mixed with linett it Stops any Bleeding at the Nose or the Blood of any wound and being droped into the wound Cureth it Speedily; if you Dipe a Clothe into it and bind to the forehead it eases any paine in the head and Recovers the Sences in an Apoplexy; being taken two Spoonfulls at a time in a morning fasting for a Month together it Cureth a Consumption but you must only keepe warm and not Sweat after it it Cureth any importum or inward Bleeding being taken in the same Maner it Cureth the tooth Ache being put into the Toth with a little linett if you find it hard to keepe down take two or three Spoonfulls of Plantain water after it being droped into the eare it Cureth any paine of it or importume (2)

Doctor Gibons Electuary and Julip  
For the Spleene

Aethiops Mineral one ounce Flower of Sulpher halfe an ounce Species Diatrian Santalon three Drames Conserve of Succery flowers three ounces make it into an Electuary with sirup of Citron peels; take the quantity of a Nutmeg of it at a time twice a day in the Morning fasting and at foure a Clock in the



After hoone Drinking six Spoonfulls of this Julap following  
 after it Blake Cherry water and Milke water of each six  
 ounces Swail water foure ounces Sweeten it with fine Sugar

(3)

### To Preserve Walnuts for Purging

Take A Pound of Walnuts Boile them in a good quantity  
 of water gently turn them often and when they begin  
 to break take them of then take a Pint of water lett  
 on third part of it be Damask Rose water put to it a  
 pound of Loafe Sugar lett it boyle till the Sugar bee dissolved  
 then put in the Nuts and lett them boyle gently till  
 it comes to a very High sirrup prick them often with  
 a bodkin then lett it stand till they are cold you may keepe  
 them in their sirrup or Drain them in a Cutenber and  
 lay them in the Sun to Dry turning them often till  
 are dry then box them up for use two or three is enough  
 to take at a time in the Morning early or at Night  
 when you goe to bed the time of doing them is about  
 Micromer you must Not peel them for the blacker they look  
 the better

(4)

### very Good Loxenges for a Coto -

Take a Pound of Double Refined Sugar; of Whit Sugar  
 Candy and Penick's foure ounces of each Orris in fine powder  
 one ounce Siquorish Powder six Drames Whit Starch one ounce  
 and halfe Muske and Ambergrees of each three Graines with  
 Gum Dragon dissolved in Orangetlower Water Make them in  
 to Loxenges and cut them with a Shrimble and Dry them in the Sun



An incomparable Powder  
for the Collick

Take of the Roots of Filipendula and dry them in an oven or in the Sun and when they are dry enough pound them to Powder and let the Patient take as much of the Powder as will lye on a Shilling in a Draught of Ale or a Glass of white wine Three times a Day in the Morning after Dinner and at Night before you goe to bed tis likewise Good for the Stone and Strangury

(6)

## To Prevent Miscarrying

Take a Spoonfull of Common Senny Syrup when ever you are in Danger of Miscarrying either by fright fall or Cautome and Stamp a handfull of the Green herbe and warm it between two Plates upon Coales and Apply to the Navell if it bee at the time of the Yeare that the green herbe Cannot bee had take dry and warme it in the same Manner sprinkling it with Muskadin or Tente and take the Syrup when first you find occasion again at night and Morning and so for two or three Daies

(7)

## For Stomack Wormes

Take seven Spoonfulls of Juice of Lemons put to it as much Virgins Hony as will sweeten it very well and put to it a Penny worth of the best English Saltern lett it



5  
Steep Swelte, hovers together. and take it in the Morning  
fasting begin three Daies before the Full Moone and take it  
seven Daies together three Spoonfulls is enough for a Child at  
a time

(8)

To Stop the violent ~~Flux~~

Take one ounce of the soote of an Iron pott and as much Nutmegg  
Cinamon and Sugar as the quantity of an other Ounce Mix  
All together and lett the Party take as Much as will lye one  
a six pence fine or six times a day, in brothe or any thing  
ther you give her

(9)

For an Ague Aproued

Take two Spoonfulls of Garlick Water and three Spoonfulls of  
Sack Sweeten it with Sugar and give it the Party, to Drinke  
an hower before you Expect the fitt

(10)

To Make Sugar of Roses

Take a pound of fine Serched Sugar put to it foure  
Ounces of Red Rose Water Stir it well in the Skillet  
you intend to heat it in then sett it on the fier keeping  
it stirring till it bee very hott ready to boyle up then put  
into it one ounce of the Powder of read roses and Stir  
it well in; take it from the fier and Drope into it  
Eight Doopes of the oyle of Sulpher have your plate in



as Readynes sifted over with whit March well Powdered to  
keepe it from Sticking then Drope it in good brygg cakes  
and when they will come ofe put them in Boxes and  
keepe them heare the fier

(11)

- an exelent Medicon For Convulsion  
Fitts

Take as much Anafetita as a large Pea Dissolve it in  
a Spoonfull of Posset Drinke and give it for three or  
four Mornings and lett the Patient wear some Anafetita  
about the Neck Also

(12)

To Make an oyle in June that is good  
for any Itch Swelling or any sore Brest

Take Southernwood wormwood Lavender Camamill of each  
a like quantity, and a little Rosemary Chop them very  
small and putt them in a well Glazed earthen pott put  
to them as much of the best oyle as will make them  
very full lett it stand a Month and when the herbs have  
Drunk up that oyle then boyle it till the herbs are crisp  
and Straine it out and put it in bottles for your use  
be sure to stir it very well every Day while it is in  
steape and lett the oyle you use bee the best Sallet oyle  
you can gett

(13)

A Rare Medicon for the Stone

Take egg shells that Chickens have come out on wash  
them Clean Dry them in an Oven Make them into fine



Powder seche it and mingle it with a little Sugar and Powder  
of liquorish give a Spoonfull of this powder at a time in white  
wine or Alel the Mornings and Evenings

(14)

The wound Drinke which is exelent  
For healling any wound

Take Sothernwood wormwood buglasse Mugwort wood betony, fanele,  
Plantain Dandelion Ribwort with bottles bramble buds egremony,  
Angelica Cumphrey, Hawthorne buds Mints Scabious Strawberry leaves  
oken leaves Linghewoile of each of these a handfull put to  
them a Bottle of whitwine and a Gallon of Running water  
boyle all together till halfe bee consumed then Straine the  
liquor cleane from the hearts and put in to it a quart of  
hony and boyle it again a little time then put it in to  
bottles and stoppe it close for your use lett the Patient  
Drinke three Spoonfulls at a time take warm every Morning  
fasting and last at night till they have Dranke a quart  
if it bee an old sore or ulcer Apply a plaster of Hony and  
wax this cures all wounds womens Breests that are Putrified  
it breaketh an impostume stopes the bleeding of Broken Veynes  
in the Body causes bullets to fall out of the Body when wounded

(15)

Syrup of Saffron for a Cough

take a pinte of Brandy and a ponne of Crown Sugar  
Candy halfe a quarter of an ounce of Saffron lett these  
simmer over a softe fire till tis a thick Syrup and  
take a Spoonfull of it att a time two or three times  
a Day



### To Make Sirup of Violets

When your Violets are pickt bruise them in a Stone Morter a little and qust well them with Spring water when tis boyled but be sure you put soe little water in, as it can hardly be diparned lett it stand by the fire till tis Scalding hott then press out all the Juice and put to a pint of the liquor two Pound of the best Sirbone Sugar Stir it till it bee dissolved put your pott in a Skillett of Water and then lett it stand till your water boyles and the Sirup must bee as hott as to suffer your finger in it be sure to scum it very well

( 17 )

### Doct<sup>r</sup> Lowers Bitter Draught

Take Gentian Roots halfe a dram Camamill flowers and Centery Tops of each a pingill Cardus Seeds halfe an ounce Creame of tartar two drammes infuse all these for Twelve hours in a quarter of a pinte of Whit wine and as much Spring water strain it out and drink it fasting and eat nothing in three hours after it at last if you woud have it purge you must ad to it halfe a handfull of Scena. To infuse with the other things and dissolve in it two ounces of Manna before it is strained then drink that which purges once at first and take the others foure or five mornings After; tis exelent in the Colick.



# An exelent Receipt for the Jaundice

Take the weight of six pence in saffron and one Spoonfull of the whit of Pidgeons Dung put it in a Pint of white wine and infuse it over Embers till one quarter be pasted but beure it doe not boyle in the infusing strain it and drinke every morning and at foure of the Clock in the Afternoon a wine glas full of it and fast two howers after it

( 19 )

## A Rare Syrrupe for a Cough

Take Rue Rosemary Colefoot Bellitory of the wall and read sage of each a handfull halfe a Spoonfull of Commin seeds brused and tied up in a Bagge a lumpe of Allom the bignes of a Warrent boyle it in three pints of brope water till all the strength of the herbs be out then strain it and add to every pint of it a pound of the best Honey boyle and skim it till tis a thick Syrrupe and take one Spoonfull of it going to beade and let it down your throte by little and little

( 20 )

## Mrs Baillys Cordiall Ale

Take four handfulls of fennel three ounces of Sarsaparilla Hartshorn Ivory and China sliced thin of each one ounce three ounces of Scorsinera Roots two ounces of Zingib roots two handfulls of maidenhair two handfulls of dried hartetongue Zaremony and Linerwort of each a handfull boyle the roots and the fennel in six Gallons of mulling wort



Just as it comes from the bath lett it boyle almost an  
 Hour then Straine it out and when tis almost Cold  
 put a little Ale yest to it and let it stand all night  
 and worke the next day sun it up and put in all  
 the things that wear boyled in it and halfe a pound  
 of Roirons of the Sunn Stones the Rinds of two Oranges  
 three brook limes and watercreases of each two handfulls  
 put in all the herbs before Mentioned with the rest  
 sunn it up and in fine or six daies you may drinke  
 it as Comon drinke

(21)

For the Pyles infailable

Take Unguentum and Pompilliam of each one ounce  
 melt it with as much whit wax as will make it  
 stiff enough for a suppositor and use one of them  
 at night and one in the morning; if they are broad  
 take Storax liquid droped on the Rough side of  
 the leather as Broad as a twopence and aplye it to  
 the place Griued

(22)

To Cure A Dropsie  
 infallibly

Take the Seed of Swarfe Elder Called Ebulus  
 and beat it in a Morter till it be reduced  
 to Powder then take the weight of a Crowne  
 in Gold of the same and put it into strong



white wine, and drinke it in the Morning  
fasting till dinner the Seed must be powdered  
just before you take it that the Virtue of it  
may not evaporate, it must not be taken the  
Day of the new Moone, nor the first Day  
of any of the other quarters it must be taken  
three or four times but not continually but  
intermitting three or four Dayes; at dinner  
after taking it drink a Glasse of wine to  
Carry it off the Stomack, this Cured the Count  
of Rouer a Great Italian Lord

( 23 )

An Other Receipt to Cure  
the Dropsie which is most  
Excellent

Take a large Damask Calke of Roes that  
that hath pased the Still boyle it in a quart  
of Strong Ale untill it be come to halfe a  
Pint then Straine it and Sweeten it with  
Sugar Candy take this the first Day and  
it will give you a gentle Purge against  
the next Day, have made the following  
Draught which you must take for a fortnight  
Rising and going to Bed: take Nine Cloves  
of Garlick, Boyle them in a quart of Milk



untill it come to about halfe a Pint which  
 you must drink; the good Effect will soon  
 appear and the Perfect Cure will Inevitably  
 follow assuredly as it hath been often exper-  
 imented; then take of Carrall Crabs Eyes  
 Amber Pearle Juniper Berries Anniseed of  
 each a like quantity finely Ground and  
 mixt together and after a Weeks taking  
 of this Garlick take a Dram of this Powder  
 two Hours after Dinner continuing the Course  
 of Garlick

(24)

An incomparable Receipt  
 for the Stone

Take one ounce of Lenitive Electuary one ounce  
 of Syrrapp of Marsh Malloes one Dram of Holo-  
 powder one Dram of powder of Rubarb halfe  
 an Ounce of Venice Turpentine well washed  
 with planten water mix all these well  
 together and then take the quantity of a  
 Nutmegg going to Bed at night

(25)

For a Bloody Flux or  
 Loosness

Burn ten Nutmeggs in a Wax Candle till



they will burn no longer then beat them to powder  
 and take the same quantity of Cinamon. Mix  
 them well together with the whites of two Eggs  
 then put to it as much bean flowers as will  
 make it thick enough to roll into pills make some  
 as big as Hazell Nuts and some as big as great  
 pease take the biggest first and lessen them, as  
 you find the looseness stay you must dry and  
 beat them to a fine powder and take the  
 quantity of foure in the morning and as much  
 at night and if it dothe not stay take the  
 same at foure a Clock in the Afternoone you  
 must give it in a Spoonfull of Posset Drinke and  
 drinke a little after it you must not stay it so  
 soon

( 26 )

### Tincture of Steel

Take the Best Tartar two pounds filings  
 of Steel one pound mingle them Carefully and  
 make them into a past with Water which being  
 then spread in an earthen dish must be dried  
 in the sun and Powdered and then made with  
 water in to a past again and so repeated 4  
 times; then in an Iron pot which holds  
 ten Gallons being filled with Spring water pour  
 this powder in by handfulls on at a time and as soon



as the water boyles it must be stirred continually with an Iron Rod and boyle Twelve Hours and you must have ~~water~~ all the time on the fire boiling in another pot with which you must Replenish your water that hath the ingredients in it every Hour as it boyles away at night let it gently drop through a linnen bag the next day evaporat it to the thickness of a Syrup which will require five or six Hours Boiling

the Dose is from thirty to sixty Drops in any kind of liquor though tis best in a Coffey Cup full of Milke water with a Spoonfull of bitter wine forty or fifty Drops at a time is enough

(27)

To Make the Cordiall  
Red Powder

Takes of Cardus Benedictus Scabias pimpernell  
Sage Rosemary Rue Dragons Somentill Roots  
Angelica Roots of each of these a handfull mine  
them small and Steepe them in 2 quarts of sack  
24 hours or more then take one pound of the  
best Bolusmonick and one ounce of Cutchin finely



powdered and searched put it into a broad Dish and strain  
 as much of the liquor into it as will make it as  
 thick as rap then lett it to dry in the Sun and as  
 it dries strain in more of the liquor and so doe  
 till it hath drunk up all the liquor the last  
 time you wet it put into it one ounce of  
 Diacordium halfe an ounce of Mithredate as  
 much of the powder of Hartshorn twelve penny  
 weight of Saffron finely powdered Allermire berries  
 beaten to powder halfe an ounce Elipus Contrarius  
 one ounce Crabs Clavis one ounce and a Dram  
 of Bearzore when tis dry enough to Roll make  
 it up into Round balls as bigg as a large Ball  
 put dry them and keep them for your use

( 28 )

### To Make the Simpatheetical Powder

Take what quantety you please of the best Roman  
 Vitrioll and Dissolve it in boyling hott Spring-  
 water then filter it thro a Double Case paper  
 then Evaporat it till halfe be Consumed which  
 filter agen into a Glasse Jarre which place in  
 a Cellar and in two days it will shoot into Christalls  
 which being powdered put into a broad Glass which  
 must be placed in the Sun you must have a  
 large Burning glass which must be so placed as to  
 Collect the Sun Beams to Calcine it to a powder it must  
 be done in June or July



To Make a Rare Ballom  
of Sulphur

Take foure ounces of the flower of Brimston  
and one pint of the Oyle of Turpentine mingle  
thes together then put it into a brinall or glass  
flask bottle and lett it into a great brass pot  
filled with water and hay to keepe the Glass  
upright so lett it stue over a Gentill fire for  
foure dayes then take the Cleare liquor and  
put it into a Glasse and stop it uery Close and  
keepe it for your use

it is good to Cure any greens wound on Drope  
to be droped into the wound tis exelent for  
any cough or Consumption being taken five  
Dropes at a time in three Spoonfulls of beere  
for nine mornings together fasting an Houre  
after it so likewise at five a Cloke in the after  
noone the same quantity and after having  
rested a weeke or ten dayes you may take it  
again in the same maner this Ballom  
is much more effectall in euery thing but  
green wounds if you add to one ounce of it  
two ounces of Oyle of Juneperry<sup>berry</sup> infuse it  
together over a Gentle fire three or foure  
Houers then increas the heat and boyle it  
uery softly halfe an Houer till tis well in-  
corporated together take of this fifteen or  
twenty Dropes according to the strength of the patient



# To Make the Ague Powder

Take a Dram of serpentaria as much Contrayerva in powder and 2 Drams of powder of Vipers and mix together you may give 30 or 40 Graines att a time according to the Age and strength of the person in a little small Cordiall matter Can flower before the fitt comes and drinke nothing in the Eoto fitt

(31)

# To Make the yalow Plaster -

Take one pound of Burgamy Pitch and a quarter of a pound of Frankinsence put there into a pipkin over a gentle fire and let it boyle till all be dissolved then take it off the fire and put to it halfe a pound of Bees wax stirring it well then let it on the fire again and let it boyle till it looks yellow all over then take it from the fire and let it settle and when tis almost cold make it in rolls tis good for any bruise or sprain or paines of the times

(32)

# To make a Rare eye water

Take a Turkey egg-shell fill it with spring water open it at the big end put into it White Copperas about the bigness of the Taper of a Mans finger lett it on the Embers lett it boyl and as the Scum comes up take it off with a feather when no more scum arises and the liquor boyls take it off lett it cool and put it in to a Glass for use



### An exelent oymnt for the Itch

Take a quarter of a pound of Butter out of the Churn  
and then take nutmeg cloves mace, Ginger and peper  
of all halfe an ounce beat it all together very fine and  
sift it then take a Spoonfull of Vinegar and one ounce  
of flowers of Brimston melt the butter and putt all these  
things into it and keepe stirring it till its Cold  
and ynt the Chiles Goynts with it every night Chafing it  
in by a good fire and also anoynt the Palms of the hands  
and the bottoms of the feet three times or five at  
most will cure but they must neuer be shifted till you  
have done using the oymnt three daies before you  
beginne this purge two or three times with Surtop of  
roses and violets and let them take brimston and  
milke every morning after this bathe them in milke  
and water and herbs and put on all fresh clothes at  
night and put them immediatly into a warm Bed

### Mr Barnard's Preparation of Steele

Take Indian Cresses and Garden scurvey grass of  
each a Handfull Madderlin white Horehound  
and Sammoris of each halfe a handfull Gentian  
Roots and Galingall of each two Drames Great  
water Dockes Roots three or four filings of Steele  
two ounces infuse them all in two quarts of the  
Hock for four or five days then strain it  
and keepe it for use drinke of it morning and  
at foure of the Clocke in the evening four Spoonfulls



A Rare receipt for a Cough  
 Take of the Rootes of Ellycomaine fresh out of  
 the Ground boyle them tender in two or three  
 water, and then scrape it and put it in an earthen  
 pott with a laying of that and then a laying of  
 the beste birge Honny and then three pipins and  
 Honny again and so fill the pott and bake it being  
 close stoped then mix it together like an  
 Electuary and take as much as a large Nutmegg  
 of it mornings and evenings and as often at  
 other times as you thinke fitt

For the Goute

Take Caline bay Salt Four ounces Salt of Tartar  
 Halfe a ounce Gum Benjamin 3i all finely powdered  
 weare it in a linnen socke on bothe the feete  
 Endeavouring to stirr as much as Possible, so as to  
 make the feet sweat the Gentellman that hath  
 often used this and as often found benefit by it  
 did sometimes Apply it in the intermissions between  
 the fitts

For any Spots or sorenes in the eyes

Take the whit part of Hen Dung which you will  
 find in any Hen. First lay it on a paper before  
 the fier and when tis very dry make it as fine  
 as you can into powder and sift it throw Siftney, and



and blow it with a quill into the eye three times  
a day

( 38 )

### Cephalite Snuff

Take Flowers of Rormary, Sage Betony Lavender  
Sweet Marioram Lilly of the valley and Marum  
Seeds of Nigella Romana Roots of Pellitory of  
Spain Helibore and Licoris of each of All  
these Flowers Seeds and Roots one scruple bruise  
them and Rubb them to powder and Sift them  
thru a Coarse Sieve Add to these of Spanish  
Tobacco Rubbed and Sifted after the same manner  
one ounce mix all these powders together and  
keepe them in a Glass Stopped and into such  
a quantity of this Snuff as will fill an ordinary  
Snuff box droppe six or eight droppe more or  
less as you like it of the Chymicall oyles of  
mace Cloves Nutmeggs to which may be Added  
Sintures of Ambergrease or any other perfume  
that you like

( 39 )

### Lady Hattons Green Oyle

Take Rormary Rue Sage Lavender Camomell  
Balme valerion of each halfe a pound  
wormwood a quarter of a pound all Gathered



about the Middle of may picke them Clean from  
 Stalkes and Rubb them in a Cloath then Chopp  
 them Smale and put them into a large wide  
 Mouthed Glass with as much very Good Sallett  
 Oyle as will Cover the hearts Cover the Mouth  
 of the Glass with a peice of Glass cut fitt for  
 it and then past a paper Cover it round the  
 Edges so keepe it very Close then lett it in the  
 Sunne for at lest ten dayes or if the weather  
 be not very Hott longer taking it in at Night  
 then put the Oyle and herbs into a Skillett and  
 lett it stand on a gentle fire about a quarter  
 of an Hour then Strain out the Oyle and put  
 it into the Glass again with a Fresh quantity  
 of the same Herbs lett it in the Sunne Again  
 and then lett it boyle over a gentle fire for  
 three or four Houres stirring well the herbs that  
 they may not burn then Strain out the Oyle  
 and keepe it stoped Close in Glass bottles for use  
 tis good for Bruises Taken inwardly ten Dropes  
 in a Spoonfull or two or more of Balme pouett  
 drinke tis good to Anoint any Bruised Part  
 once or twice a day bropt into the eyes morning  
 and Night it takes away Spotts bropt into the  
 Eares a little warme it cures Deafnes which  
 proceeds from any Cold Cause  
 tis good for sore Breests piles or any sores that  
 comes from the Kinge Ruell



## For Violent Gripe or Bloody Flux

Take a Lb. of Good Mether Mutton. Roast it and whilst it is Roasting Prick the Honey often with a Squire and when the Mutton is well Roasted give the party three Spoonfulls of this Dripping morning and evening or as often as they can take it be sure to put no Salte on the meat when tis Roasting

## For a Cough

Take two Pound of the white Steaks of a leg of mutton put it into three Quarts of Spring Water with halfe a pound of white Sugar candy when it boyles Scum it Cleanly then Cover it up Close and let it boyle till halfe be Consumed then Straine it off and take halfe a pint evening and morning the first thing and last at your supper two howers before taking it

( 42 )  
Mr Barnats Cordiall Ale

Take a Peck of Garden Scumey Grass Brooklimes and watercresses of each six handfulls Ground Juny Germanen and Sage of each two handfulls Koreradish Roots with Carrot seeds and Sassafras of each one ounce one orange put all these being Cut into a thin Canvas bag and hang it in four Gallons of small Ale lett it worke and when tis Cleare use it for your ordinary drinke

## For the Gout

Take 12 Gallons of the Juice of Sweet Berrie strain it thro a Linnen and put on Gallons of it into



as Gallan Cornett set it over a gentle fire, boyle  
boyles it gently and when a pinte is wasted still it  
up by Degrees till all is gotten in, then lett it boyle to  
the consistance of melle, put it into pott and keepe  
it for your use take night and morning the quantity  
of a Wallnut

(44)

### The Whit Lead Plaster

Take 2 pound and a quarter of the best oyle olive  
Red and white lead of each a pound in powder  
Twelve ounces of Spanish Sops scraped incorporate  
all these in an earthen pott well glazed and when  
they are well incorporated that the Sops cometh  
uppermost put it upon a small fire of Coles  
continuing the fire for the space of an Hour and  
halfe still stirring it with an Iron ball upon the  
End of a stick then make the fire something bigger  
till the reenes be turned into a grey Coulour but you  
must not leave stirring till the Matter be turned  
into the Coulour of oyle or something Darker then  
drop it on a wooden trenchard and if it cleave  
not to your finger it is enough then make  
it in 40 Rolls it will keepe Twenty Year the  
older the better

(45)

The Cancer water which is also the  
best water to strike back any Humor that  
breakes out in the face or Eyes or any other  
part as well as for a cancerous humour in the  
Breast



take one pint of whet wine and one pint of Red  
 rose Water put them into two tankards then  
 take three ounces of Calliminaris beat read  
 Hot in a Cuvible quench it in the whet wine  
 nine times then take three ounces of Tully  
 beat read hot in a Cuvible as you did the  
 others quench it eight times in the Rose  
 water then take the Calliminaris and Tully  
 Col'd out of the wine and Rosewater and Beat  
 them to powder and mix them together with  
 the wine and rose water and keepe it in  
 a bottle close stoped for your use: for the  
 Breast shake it up and dip a Clean rag in  
 it and aply it to the Breast twice a day and  
 every time with a Clean Rag for the eyes  
 shake it not up only wash the out side of  
 the eye ties with your fingers or a Clean  
 sponge dipped in it for any other breaking out  
 use it with Clean rags lay over it as for a breast  
 but be sure if you use it on that account purg  
 offters

( 46 )

an exelent Receipt for a  
 Declining Consumption with any  
 Coughes

Take too ounces of Burnt Hartshorn shavings of  
 Query one ounce China Roots three two ounces of  
 Zingbe Roots three ounces Coriander seeds halfe an.



ounce boyle these things in three quarts of Spring  
water very gently till a third parte be Consumed then  
Straine it thro a Cloath and take two quarts of liquor  
fine or six sheeps Trotters well Cleaned boyle them in  
it till it come to a Jelly with a quart of milke you  
may season it with Spice lemon peel and Sugar  
according to your tast and Drinke it as often as you  
pleas

( 47 )

### Riders Lozenges for the Heart

Burning

Take an ounce of fine Chalk such as the Glouers  
are Beaten and leached an ounce of fine  
Boleallmanac beaten an ounce of Crabs eyes four  
ounces of double refined Sugars beaten and leached mix  
it up with Gum Dragon steeped in orangeflower  
water and make it into Lozenges

( 48 )

### A Rare water for the Stone

Take Beans shells and all Choppe them very small  
Distill them in a Cold Still and upon every Still  
full put a pound of Good Huny Drinke a wine Glas  
of it every night going to bed sweetened with Sirup  
of Marsh Malloes

( 49 )

### For the Gancris infatiable

Take a Spoonfull of Hemp seed boyle it in a pint  
of New Milke and Drinke halfe of it in the morning  
and the other halfe at night Continue it nine daies



## For the Stone

Take as much of the Powders of Holly Berries  
pounded Drye and sifted very fine as will lye  
on a broad Shilling first in the morning and  
last at night in a Draught of Whit wine posset  
Drink and so repeat it every Alteration of  
the Moon

(51)

## For the Stone

Take a Flint Stone as bigg as a mans Fist or larger  
Heat it in the fier till it is very Whit and so  
Hot that it will lett any thing so boyling tis  
put into them have a strong earthen Mugg  
that will hold at lest two Gallons with a Cork  
fitted so close to it that no fire may come in to  
it put into the mugg one quart of Whit wine then  
put in the Hot Flint and stop it close as you  
can and it will boyle in the mugg a long time  
if you keepe it near the fier as soon as it has  
begun boyling Drink a wine Glas of it sweetned  
with a little Sugar Drink it too or three times  
a Day till you have taken the quantity which  
will give immediat ease

(52)

## An Admirable Turp for a Cough

Take one Handfull of Maidenhaire one Handfull  
of All-Houfe one Handfull of Sweetmarjoram one Handfull  
of Spermint and six leaves of Coltsfoot and three Whit



Poppy Heads too pennyworths of Cloves and mace Steep  
all these in a quart of Spring water Twelve Hours  
then put it in a Stone Jugg alltogether Stop the  
Jugg very Close and lett it in a Kettle of <sup>water</sup> Boiling  
Six or eight Hours then Straine it Throw a Jelly  
bagg and put to it one pound of white Sugar Candy and  
one pound of Double refined Sugar put it with the liquor  
into the Jugg again and lett it Stand in the Boiling  
water again till you find it a thick Surrope then  
put to it Six grains of Ambergreece when tis Cold  
keepe it Close Stopped and Take of it mornings and  
Euenings foure Spoonfulls and as often at other times  
as you pleas

(53)

An exelent water for  
any pain of the face Teeth  
or Gums

Take to a quart of the best Brandy a penny worth  
Nettles Seed a little brusee and as much Horser  
Radishs Shred as you can gett in to the bottle  
you cannot put in too much hold it in your  
mouth and shift it and put in fresh as often  
as you pleas

(53)

For any pain or Canorous  
Humour in the Breast +

Distill the flowers of Blen night Shade and  
Bathe the Breast oftens with the water of it  
made very warme you may still the leaues and  
flowers together beuere to annoy all plasters.



For any Heedine or  
Consumptive Cough

x

Take of Red Rose water Suckery water and distilled milke  
two Spoonfulls of each warm it and lett it be Caried to  
a Cow and milke upon it as much milke as there is  
water and put in it a Sprig of Mints and Sweeten it  
to your taste with whit Sugarcandy to your taste the  
milke water shoud be that distilled with herbes  
Drinke it early in the morning and sleepe after it  
if you can you must take it nine Mornings if you  
cant and rest three then Drinke it as before and so  
to three times

(55)

An exelent Oynment to heale  
Sore Nipples or Skin any  
greene wound

Take two ounces of Lethergg of Gold powdered as fine as possible  
mixe it in a whit Earthen bassone with a quarter of a  
pint of Sallet Oyle then beat it with a little wooden  
sticke and as you beat it put in a Spoonfull of Vinegar  
at a time till you have put in halfe a pinte it  
must be beat till it looks whit like a thick Cream  
and be sure to continens beating it till tis quit for  
for it will be utterly spoyled if tis lett stand even  
so little a while in the making it

(56)

A Syrop for a Cough

Take a pint of Rype water and halfe a pint of whit  
wine Vinegar a quarter of a pint of Sallet oyle and a



take the leaves of agremony the tops of Centry  
the flowers of Camemil each half handfull  
the seedes of Cardus ~~lance~~ benedictus Citron  
of each on dram an half flowers of marigolds  
Sweet fennel seed as much you can take up  
with 2 fingers an thumb gentian 2 drams  
the leaves of sea senna 6 six drames the root of habrub  
on dram slic boyl all these in a pint white  
wine an as much water till it is half Consumed



29  
pound of fine Sugar beaten small and mixed with the rest thin  
it till it be melted and then lett it over Embers lett it stand  
three houres Close Covered then put it into a Glass bottle  
and when you take it Shake the bottle before you poure it  
out and so take three Spoonfulls of it at any time when you  
Coughs  
(57)

To prepare Siquid Ladanum  
of the best Arabian Opium fine Ounces three it thin  
into a Glazed earthen Vessel or Glass pour upon it  
two quarts of Juice of Quinces and lett it in an Oven to  
ferment a little before the Bread is Drawne and lett it  
stand soe till the Juene is Cold then press out the liquor  
and add to it of the pouders of Cinamon Cloves and Saffron  
of each three Dram and one Scruple and pouer to it  
an other pint of Juice of Quince and lett it in an oven  
to ferment again as before lett it remain Close Stopt  
for eight Days then press out the liquor again and  
ad a little muske or amber to it lett it stand foure or  
five Daies then filter it twice or thrise thro paper  
and keepe it very Close Stopped

(58)  
An. Electuary for Wind & Paine  
in the Stomack and to strengthen  
Digerstion

Take Red Sage Red Bramble leaves Red wormwood  
Scabious Centaury Egremony of each one handfull 2 dozen  
flowers Dried of each one Handfull three all  
these small and Weep them twenty foure hours in a pint  
of Whit wine vinegar then strain it hard out and put  
to that Juice half a pound of sugar and boyle it to a  
Syrup and then take it off the fire and put in four  
ounces of Mithredate and as much London Treacle



Stir it and let it boyle. Lett it be thick then take it  
 offe the fire and when it is almost Cold Stir in one  
 ounce of Powders or Grated rubarb and one ounce of  
 mirke, powderes and one Dram of Saffron finely  
 powderd mingle it well together and lett it stand till  
 the next day before you use it then saye it will last  
 it will keepe many yeares the Dose for a Man is as  
 much as a large Nutmegg for a Child as much as  
 a Hassell nutt. It must be taken the last thing when  
 you goe to bed

(59)

To Stop any Flux or  
 Loopes

Take a large Spoonfull of Plantain Seeds Boyle  
 it in a pint of milke and Drinke of it a Wine  
 Cup full at a time tis most Admirable

(60)

For the spleen the best  
 thing in the world

Take Mares Such as The Diers use pound and seach  
 it very fine and to a quarter of a pound of it  
 put three pints of the Best Whitewine lett it  
 stand foure and twenty Houers then powere of  
 a quarter of a pint off it thron Sifted and Drinke  
 that quantity morning and night till you have  
 Dranke three Bottles you may keepe it infusing  
 allways by you and take it at any time when  
 you find it return

(61)

For any sort of Fits or Cazzies

Take as much of the Powder of Album Gregum  
 that is Made in may as will lye on a Shilling mix  
 it in a Spoon in black Chery or any other Cordiall



water and Drinke a small wine Glasse after it be sure the  
waters you Drinke be not so strong take it at or three Daies  
before the new and full of the moon

### To Make the Sarr Pills

Take an equall quantity of Sarr and Honey and mix them  
well together then take as much flower of Brimston  
powder of Licompaine Roots and powder of Squorish of  
each an equall quantity as will make up your Honey  
and Sarr into pills and take one pill every night and  
morning if your Body will beare it it cures any Scurick and  
is Good for a Cough or Consumption

( 63 )

### Jaay Hattons Mucle Powder

For Conuulsion fitts to be  
made in March

Take the Moules alive in March that being the only time  
since tis best when they are with young but the Throates  
of them whilst alive and let them bleed into a pater dish  
and when they haue con bleeding rip up the Bellys of them  
and take out the Litter Lungs young ones and blood and all sett  
them immediately into a Warm Oven to dry gently for if  
you scorche them they are spoyled when they are dry on one  
side turne them and scrape up the blood to turne also  
thus turne them oftens till they are so dry as to beat  
into a fine Powder so paper them up in the lumps and  
powder them as you use them keepe them very dry and  
when you powder them searche them thron a Lawne sieue  
This powder must be given the Day before the new and  
full of the Moon that Day and the day after bothe  
the Changes but if you can't serern a fitt coming before



the new of the moon comes tis proper to give it  
for prevention and betwixt fitts if they come often  
give about ten grains of this to a Child till tis a  
yeare old and so increas the quantity according to  
the Age of the Person take it in a Spoonfull  
of Rhen water Black Chery or Riony water  
washing it Down with two Spoonfulls after it  
this has scors ever failed of curing fitts it  
given in time I have cured two Garles twelve  
and fourteen year old with giving fourteen grains  
for a dose five or six grains is enough for  
a very yong Child

(64)

### A Rare Powder for an Asmah

Take a lumpe of leane Beefe cut out of the Buttock  
where the finest Graine is the bigness of a Mans fist  
lay it all over in salte fourteen daies then wipe of  
the salt and put it in a browne paper wetted as you  
doe to burne silver lace and lett it burne in a Clean  
fire till tis red quit through and looke like a Clean  
Bole and when tis cold beat it to powder and sift  
it and take as much of the powder as will ly upon  
halfe a Crown in the morning fasting in as small  
a quantity of warme liquor as you can beare the  
salt part with and the same quantity at night if  
you can beare it

(65)

### A Rare Glistre for the Stone

Take Mallowes Bellitory Camomile flowers of each one  
handfull Cummin Annis Fenell and Parsly seeds of each



halfe an ounce boyle these in a Pint of water to twelve ounces  
then strain it clear and mix therein three ounces of Lours  
Sugar and one ounce of Syrop of Violets and halfe an ounce  
of Venice Turpentine which must be mixed with the yelt  
of an egg to Dissolve it then mix all together and take  
it in as Glisters about foure of the Clock in the After  
noon then take oyle of Sweet Almonds and Syrop of Marsh  
mallows of each an ounce and halfe to which put six  
or seven Spoonfulls of whit wine Possett drink and bring  
it warm as soon as the Glisters comes Away

(66)

To Cure a Throes Most Infaillible

Take Borax and Whit Sugar candy and mix it with Plantin  
water add to it a little quantity of Syrop of Violets mix  
it equally to your Surt and Gargell the throat and Mouth  
often with it

(67)

An exelent Plaster for a  
Sore throat

Take a little Metredate and a like quantity of Hanny and  
a smaller quantity of Red Lead then of rather of the other  
temper all these together very well and spread them on  
a peece of brown paper or thin leather then see the  
plaster up in fine Muslin to prevent Dabing and Aplye  
it under the Chin to the throat from Eare to Eare  
this will Cure any Sore throat or Quinsy if not Gon  
to far I neuer knew it fail

(68)

For a Loynes

Take softe wax the Newest you can gett melt it in a silver  
Dish and put to it some of the powder of Bole Almonack  
and spread it on leather and lay Satorens all over it and  
put it on the patients Belly with a little Cotton to keep



it from the Navel at the same time gives as much powder of burnt booke as will lye on a shilling once a day in warm sack lett their Drinke be milke and water boyled halfe away with a little Sinnamon and poungranet Peles in it

(69)

For any Heats or Humour in the Face

Take to a Pint of Mint water one ounce and halfe of salt Peter put it in a New red earthen pipkin and lett it on a slow fire and keepe it scalding hot but not to Boyle till tis all Dissolved then lett it stand a little and pour it cleare into a Clean bottle and Pipe a fine old Clothe in it rather of Cambrick or fine Hollan and pass your Face with it as often in a day as you see any Conueniency of Doing it

(70)

For the Stopping of Plegme in the Stomack

Take a New laid Egg and lay it in warm Embers till it is throwly Hot then take it out and open the top of it and pour out the white then take as much flower of brimston as will lye heaped on a shilling and an equall quantity of the Powder of Sugarcandy then stir it together and mix with it as much Coltsfoot water as will fill the shell then Stope it and take it three mornings together

(71)

For a Boyle

Take a quart of the Strongest Ale you can gett and Boyle it to halve and spread it on Lether and prick Holes in it and it will perfectly Cure



## To Make Lime Water

Take a Pound and halfe of unbleached lime lett it stand  
eight Hours in a Gallon of pure Spring water then  
scum it very well and pour the water from the lime  
very gently and put into the water English liquorish  
Aniseeds and Saxafrage of each a quarter of a Pound  
of blew Curants beaten a quarter of a pound and a quart  
of an ounce of mace lett these things be infused in  
the Afforesaid water for the space of one Night then  
Straine it well from the ingredients and keepe it for your  
Use

This Drinke taken three times a Day halfe a pint at  
a time with a Spoonfull or two of Syrops of Violets in  
it warmed and howers before breakfast Dinner and Supper  
working a little After it is excellent against all manner  
of Obstructions inward or outward it may likewise be  
Used by way of injection or to wash any Ulcers or wound  
it is good against the Stone in the Bladder or Kidneys  
it cleanses the blood or increases it and drives up Superfluous  
Humors it strengtheneth Nature purges by Urine helpeth  
shortnes of Breath procureth an Appetite killeth Worms  
Cureth Consumptions and Dropies and is admirable against  
the Colic Paley

## For any Hornees Aproned

Take in a Glass of Claret wine twelve Dropes of the  
Spiritt of Salarmoniack at Night going to Bed

## For a Cough

Take as Much Spermacity as will lye on a Mitten Shilling  
Dissolve it in a large teab lype of Penroyall pomeat Drinke  
and sweeten it with Syrops of Vaseit Peppere and Drinke



it as warme as you can when you goe to bed at Night

(75)  
an other Receipt for a Cough

Take some of the best Honey boyle and Scum it very well then add to it an equal quantity of Brandy and Beat them well together with a Spoon like an electuary and take of it the quantity of two good Spoonfulls at a time but take it by little and little out of a Sweetmeat Spoons for if you take so much at once it will bee apt to catch your breath you may take such a quantity at any time when you cough

(76)  
an other Receipt for a Cough

Boyle in a quart of Spring water a good Handfull of Wheat Bran till tis very strong then Strain it from the Bran and sweeten it with Brown Sugar Candy and Drinke a large Coffey Cup of it Night and Morning as warme as you can

(77)  
For the Gout

Take a peece of Allom that weighteth two ounces in the Pocket on the same Side the pain is and lett it be Soe up in a bagg

(78)  
For the Stone

Take a Pint of milke lett it over the fire and lett it boyle up and Stand till tis cold then Scum off all the Cream and sweeten it very Sweet with Honey and when tis cold drinke it all up



For the Gout  
Take a quart of water and boyle it to a Pint then pour it  
into a Sea Bott to threescore Cloves and let it stand close  
covered to infuse till it be very strong Drinke a  
quarter of a pinte of it at a time Cold in a Morning  
Mixed with milke if you please or without if you like  
it with Sngars you may sweeten it to your taste

(80)  
The best Pills in the world -  
to Sweeten the Blood or  
to take off any Pains of the head or Teeth

Take as much Rubarb as will buy one a six pence  
and an equall quantity of Cloes bothe in fine powder  
and as much Powder of Steel as of bothe the other mix  
it together with Syrop of violets and Make them  
into pills this dose is enough for three mornings  
but you must take them on and twenty Mornings  
together they worke but little and hinder not your  
going abroad

(81)  
To Make Sage Wine for the  
Gout or a Rheumatism

Take foure Handfulls of Sage beat it in a Stone Morter  
like Greens Sacc put to it a quart of Claret wine lett  
it stand so three or foure daies close stoped stirring it  
twice or thrise in that time then lett it settle till  
morning and take of the sage wine three Spoonfulls and  
of Ruyning water one Spoonfull fast after it on fower or  
more Continens to take it six monthes if you can but not  
less then twenty daies it is an incomparable against all  
Aches or Humors in the Joynts it Dries any Rhumes it  
helpes the Dead paly and Convulsions of the Limbs it helpes  
the memory and preserves Nature



The best receipt that is for a

Take the leaves of Red <sup>Horsenes</sup> Poppyes and Make Strong Tea  
with it and Drinke it two or three times a Day sweetened  
with Sugarcandy especially Nights and Mornings

(83)

a Most Admirable receipt to  
stoppe any flux or Loosenes  
the Menes so violent

Take halfe a pint of Poppy water and halfe an  
ounce of Diasscordiam let it simmer gently over the  
fire then strain it out and sweeten it with sirrop  
of Red Poppyes and add to it about six Spoonfulls  
of Brandy or Sinamon water and take of it two  
Spoonfulls at night and two in the Morning if it  
failes at first repeat it once more

(84)

an others receipt for the same

Take two New Corkes that have never ben used  
and burn them into a powder and mix that powder  
in a Spoonfull of mulled sack and Drinke often  
it Halfe a pint of Mulled sack

(85)

The true and Most easy way  
of Making Doct<sup>r</sup> Swiscens Powder

First you must buy two or three pounds of Standers post  
fishes put them into a gallon of Clear Spring Water and  
so lett them stand together in a great large Glass or  
large Mouthed Jarre stirring it often till it is very salt



when it is well settled after a weeke or so pour off the cleare  
into an other vessell which keepe covered for your use, and  
put more waters upon your salt steele till you have gott out  
all the salte

### The Mixtur

The Powder is made of two ingredients (viz) bitriol and vipers  
and Snakes Mingled or vipers only to the bitriol  
Take therefore of the best Danzick bitriol or Hungarick which  
is better four pounds: of Common Coppres two pounds put  
these ingredients into a Coppers Kettle not tinne and pour  
upon them Rain water (and no other) what Quantity  
you please, Nigh two Gallons let them boyle together till  
you find the bitriol is all dissolved: skim away the  
froth and dirt at the top as it rises then let it stand a  
while to settle a little then pour it off into severall large  
tumets armed with strong Cape papers (Duble if need be, and  
made of pickers which you may have at the barrell  
shopes) and when the papers is well wetted with the hott  
liquor it will run in to pitchers in to the mouth of which  
see much of your Sunnel may enter as May, keepe it  
upright: you will stand in need of three or foure Sunnells  
and as many pitchers which in 24 houers your liquor  
will be run out; and you will find in your Sunnells  
a yalow matter stick to the sides gather this gently with  
a Spoon without breaking the paper and keepe it in a  
China Cup apart in your Pitchers you will find a fine  
green liquor pour this again into your Coppers Kettle  
and let it warme againe and in a short time you will  
find a substance swimming in it like flocks of woolle  
then pour it off again into your Sunnells: and so  
as you did before scrape of the yalow matter from  
the sides and put it to the other then take your



Green liquor and pour it into broad Glasses or earthen  
 pans halfe full then pour upon the Green liquor a  
 great Deale of your Salt Water which you kept for  
 use stirring the liquor you will quickly see it all  
 muddie and so lett it stand then Next morning you  
 will find a thicke Scum of severall Colours so will  
 you find every Day (this is the soule of the vitriol  
 take this continually offe till you find it very thinne  
 and that you see the water in your Glass clear  
 and a great Sediment at the bottom pour offe the  
 liquor which is now good for Nothing and let the grown  
 of Sediment gently dry pouring upon it faire water till  
 the salte is taken out and that you find very little or no  
 brackishness in the water put all these Waters together  
 and as of No use them let the Sediments dry gently which  
 will be of Many Colours in drying but when they are  
 fully dry will be a yelowish powder when this is don in  
 which you must not be too hasty but lett things gently  
 dry in a stove or furnace of Sand so that you have a  
 good quantity of this powder put it into severall lesser  
 Glasses and lett it stand in Digestion in your furnace  
 increasing the heat till at last it will come to a Darke brown  
 near as red then take it out and put it in to a Crucible and  
 make a fier round about it at a Distance drawing it  
 nearer and nearer till at last the Crucible and the Water  
 in it is red hot then lett it coole by Degrees and you  
 will have a salt red powder which must be washed in  
 severall waters stirring the water about and pouring the  
 red liquor into a large pan then pour more water and doe  
 as before till you find that what is at the bottom is nothing  
 but Dirt and will not colour the water red lett then your  
 matter settle and throw away the water and put more fresh



till it is very Sweet: then yalow Matter which you tooke off at first beginning may be put amongst the rest at any time and so Droyed Together.

of the Vipers

The Vipers and Snakes are had from a Man that lyes at Eviden in Surry but the Italian Vipers are the best when to be got and when made into a very fine powder Dry it still more upon a silver Dish upon coles Continewally stirring it that it may not burn and they will soon Change to a palish yalow soe all their vnnecessary Moysturs is taken away and they are fully prepared

take three ounces of this powder and somewhat more then an ounce of the red powder and Mingle them very well together first with a spoon and Afterwardes upon a smooth Grinding Stone grinding them as you doe Counters and After Reasch them thorow a pretty fine hair sine and what knots you find on things like woole which is the sinews of the Vipers Grind them again and lastly grind them all together and this will come to a pure Red Colour the Dose is eight Grains but you may give Twelve: the salt waters which come from your red powder you may if you pleas vapour away and you will have a salte good against obstructions and a good Opener observe the best way to wash it is when it is burnt in the Crucible and not before.

( 86 )

For a Rumatisme Approved

Take five ounces of Sarsaparilla and put it into fifteen pints of water which you must keepe hott upon the fire twenty foure hours then take out the wood and bruse it small and put it into the water again with three ounces of Coriander Seed 100 ounces of French Bayly foure blades of mace and the bearge 2nd of a neck of beall so let it boyle till it be Consumed to five pints then



Strain it and take half a pint in the morning and  
at five a clock in the evening with some proper of  
spirit of Salte take it three weekes or a month a  
spring and fall

(87)

A most exelent receipt  
for the Colick

Take of the best berginea Snake roote one ounce  
bocheacall too Scrupells and a Tracham of the best english  
Saffron lett all be well brused and put into a bottle  
and power upon them a quart of the best french  
Brandy lett it infuse six daies tolo and then it is  
fit for use take too or three spoonfulls in a Morning  
fasting or at any time you find your selfe ill if  
you cannot bear it in brandy you may infuse it  
in Canary but Brandy is best

(88)

For a Loosnes most Aproned

Take twenty Grains of Rubarb Dried and powdered as  
much Venice Treackell as a Nutmegg and as much  
Conserues of roses as too Nutmeggs mix it together  
with as much double distilled Strong sinamon water  
as will make it an electuary and divide this quantity  
in to three parts and take one at a time

(89)

For any Swelling in the neck or  
any other Part

Take some of the best sack and with salt make a strong  
brine that will bear an egg boyle it till a full third part  
is waisted: this will dissolve a Wenne or any hardnes or  
Jelly occasioned by a broken bone you must bathe the part  
affected by the fire heat the brine halfe an Hour together



for six weeks or two months and keepe the part warme  
wrapped in flaxing.

(90)

A rare Strengthening water

Take a pinte of the whites of eggs right Nutmegs two quart  
of milke four handfulls of Sage Distill it in a cold  
still and drinke about six spoonfulls of it in a Morning  
fasting and in the afternoon and at Night going to  
bed the oftener you drinke it the better

(91)

A Plutice for any Bruise Strain or Tumore

Take a pinte of the Graines of Strong Ale or beer put  
therein a large handfull of Chickweed (Chaped small)  
and one handfull of wheaten Gurgions boyle it to the  
consistence of a plutice when its almost enough put  
in a large Spoonfull of tryed Hoggs Grease stir it well  
and apply it as warme as the Patient can beare if the  
Tumour be extraordinary on it be for a breest add  
in the boyleing of all the roots and Fenugreek seeds finely  
powderd of each one ounce

(92)

Doct<sup>r</sup> Jowers Balsameck Syrrupe  
to Cure the Lungs and secure  
them from the danger of Rashes

Take a Pint of Barly water and boyle in it halfe an  
ounce of Balsome of Soln till it comes to halfe a pint  
put in to it about halfe a pound of fine Sugar you  
may mix with it Syrrupe of red poppies or Syrrupe of  
violetts or maiden hair and when your Cough is very  
bad take a Spoonfull once in three Hours or only  
morning and Night the balsom will not dissolue but  
will boyle again for the same use in the like quantity of water



(93)  
A very good surfeit water

So six quart of the strongest Spanish Brandy  
put six pound of corn Poppys and six pound of black  
Cherrys mashed and the stones broke three hundred of  
clove gillyflowers, a pound of mary gold flowers, a handfull  
of angelica stalks and twelve pennyworth of saffron  
an ounce of Ginger sliced two ounces of Licorish dryed  
and cut two nutmegs, Cubeb, Cardimums and gallingall  
of each half an ounce, Carraway seeds and Corriander  
seeds of each an ounce, two pound of figgs cut and a  
pound of seasons of the sun stoned, dissolve an ounce  
of Venice Treacle in it, strain it out and bottle it when  
it has infused ten days,  
after that take the Ingredient and put to them two  
quarts of Brandy and two quarts of strong Bear distill it  
and sweeten it with Sugar candy wch makes a very good  
surfeit water,

(94)  
To make Bitter wine to  
increas an Appetite,

Take Centaury tops Camomile flowers of each half an  
ounce Carous seeds one dram Gentian Root two drams put  
these things into a quart of strong white wine or sack  
and shake them every day for a week then take one  
spoonfull of that and put it into a pint or a quart  
of any wine that you please to drinke and make it  
more or less bitter as your tast will beare it

(95)  
For an Ague infallible,  
Take as much Berginey Snake weed shaved thin as you  
can take bps between your fingers and put it in a pint  
of Bear and boyle it till it comes to a quarters of a pint  
then strain it out and turn a posset with it and drinke  
it warm an hour before the fitt comes



an other receipt for an

Take thirty Dropes of Spirit of Hartshorne in a Spoonfull  
of Sirrops of Cloveguly flowers an flower before the fitt  
Comes and goe to bedd and sweat

(96)

To make a most excellent Salve for  
all maner of wounds

Take Rosin and peear Rosin of each one Pound  
Virgins wax and frankensens of each a quarter of  
a pound Camfier two Drams Mastick one Ounce  
Harts Serrett a quarter of a pound mette the Serrett  
and the wax and beat the others into powder and searce  
them throu a Sifeny then boyle all together but the  
Camfier and Strain them in to a quart of whist wine  
throu a lannes cloth and lett them boyle together  
till it looks yellow then set it a cooling till it be  
like warme then put to it the camfier and a quarter  
of an ounce of Turpentine and keepe it stirring till  
it be throughly cold then make it into rolls and keepe  
it for your use

The vertues of it

it is good for a pain in the Stomach. Spread on a  
peece of leather and when it comes ofe, Spread it again  
and put it in the same place it is good for old wounds  
it closes and gencereth the flesh it healeth any other  
soare it suffereth no Corruption nor dead flesh to be  
in the wound it closes and gencereth the flesh it  
healeth any other soare it suffereth no Corruption  
nor dead flesh to be in any wound it is good for singing  
in the head or brain or the head aches by laying a  
plaster to the Temples it is good for sinners and sprains



it will bring out any thorn or broken bone, it rots and  
 heals all manner of Boiles and botches and it will draw  
 all pains out of Sleep: being layd on a womans  
 pannill, it will stay a flux, it is good to make a  
 leacecloth for the Goutte, it is exelent for any  
 bruse to take away the blacknes and soreness of it  
 and for any bone that is out of Joynt which often  
 goes out through moyst humours which make them  
 Slipery and Subject to Displas

( 97 )

a most exelent salve for  
 sore eyes or any burn  
 or scalt

Two ounces of Sapis Callemariis three ounces of yelow  
 wax three quarters of a pint of Salett oyle melt the  
 wax and oyle together stirring it all the time then  
 put in the Sapis when you use it for sore eyes  
 spread it on fine cloth and bind it over their eyes  
 when close and in two or three nights it will cure  
 spread it on cloth also for either burn or scald

( 98 )

oyntment for the eyes

Take four ounces of may Butter well Clarified one ounce  
 of Virgins Wax halfe halfe an ounce of powder of  
 Sully one dram of Camphire let your Butter and wax  
 melt together in a silver dish and put your Camphire  
 and Sully in to it and stir it very well together till  
 it is cold sprinkling it with rose water white rose  
 water is best then put it in pots for your use



## To Cure Distraction

Take four Handfulls of Alehoofe and put as much of the best Whitwine to it as will cover it then cover it close and let it stand till the herbs grow tender then put in as much of the best oyle of Olives as there is of that liquore left and boyle it together till the wine seems to be consumed and the herbs beek crackling then strain it into a gally pot & when it is to be used shane the party's head and warme some of this and anoynt with your hand round about the head and besure to doe it every change and full of the moon to prevent its returning if hath cured them that have ben bound in their beds doing it twenty one daies together morning and evening

( 100 )

For a Scurff taken with a  
Heat and Cold

Take a Handfull of the redest sage and halfe a Handfull of Rue a pint of Whit wine and a pint of Spring water boyle it together till halfe be consumed divide it in three parts and take one part in the morning an other at foure a clock in the Afternoon and the last next Morning go to bed the first time you take it

The best thing in  
the world to raise the Spirits  
and gett a Stomack

Take a large Lemon Cut off the top of it and put into it three pennyworth of safforen and rost it very leisurely and when it is very well rosted scrape the pulpe from the rind and seeds and put it with the



Saffron into a pint of white wine and Sweeten it  
to your taste with white Sugar drinke of it every  
morning fasting a coffee cup full of it

(102)

An excellent receipt for the  
Collicke

Take one ounce of Rhubarb one ounce of Cream of  
Tartar one ounce of Licorish one ounce of Caraway  
seeds make all these into a very fine powder and  
then mix them well together take of it every  
morning as much as will lye on a shilling in  
any convenient liquor Continue this for a  
week or more as you find Benefit

(103)

To Cure Deafnes sent from an  
Unknown hand to one  
that it perfectly cured

Take the Juices of fetherfew: the Oils of fennell  
Bitter Almonds Cappers Camomill Olives of each  
a like quantity and mix them all together very  
well in a small viall bottle and then drop three  
Dropes into the ears or eares Diseased at going  
to bed for three Nights together or mornings  
as you find occasion: this has ben very Effectuall  
in curing Deafnes and hath ben found to Cure a  
boy in the eares and importunations and is what  
cured one that had ben troubled with almost a constant  
Deafnes for fourteen years



For a Paine in the Head  
most excellent

Take as much of the powders of Mirretto that goes  
on an oake as will lye on a Shilling and mix  
it in any liquir thing you like and take it morning  
Fasting and as youe (a) Clock in the Afternoon

( 104 )

For sore Eyes  
Rotten Apple and Conserve of red Roses pounded together  
and bound over the eye when you go to bed

( 105 )

The Rain water that falls in June taken in  
a Clean Earthen Basin and Cleared throu a Straine  
and kept in bottles for use is the best thing in  
the world for the eyes bothe for sores and  
strengthening them and will keepe a long time

( 106 )

For sore Eyes  
Take of the Juice of lengreen that growes on Houses  
pounded and Strained boyle it in a raw egg shell  
when you have opened it at the biggest end and  
powred out the whit and yelke and as any scum  
arises take it off with a feather and the Clean  
part of it keepe for your use and bathe your  
eyes with it warme

( 107 )

A most excellent receipt for the Collick



Take Pennyroyall Mother of tyme Camomet of each  
 one Handfull chop them small and putt them in  
 a bagg as big as two hands heat it between two  
 dishes upon a chafeing dish of coales sprinkling it  
 often with brandy over sack and when its very hott  
 lay it to the place that pains you change it often  
 and drinke camomet possett drinke this is an approved  
 remedy

(108)

Lady Greys Receipt for sore  
 eyes

Take Isopes Dew worm wood. Mallows Strip them  
 from the dry stalkes and beat them in a Marble  
 Morter with bay salte till tis thick enough to  
 make into thick cakes the bignes of the soalls  
 of the feet put soalls into a warming pane and  
 lay them on the head till they are warm throw  
 them bind them to the soalls of the feet: if they  
 dry much put on fresh twice a day if not once  
 to the wrists you must take bones foot and beat  
 that with bay salt to a pulvis and lay it to to  
 the to the wrists the cakes for the feet hot to-  
 gether best if they are warmed on the clothes you  
 bind them on with: in case of the partys being  
 feverish you must leave out the worm wood and  
 be sure not to put too much salt for that will  
 make it crumble

(109)

Lady Kents salve good for the eyes  
 or any Ach or paine in the limbs



Take two ounces of Burgundy Pitch pound it small, and  
have a pound of ~~red~~ sifted fine as quart of the best  
Sallett Oyle and ounce right Castell. Soaps put them all  
together into a very Clean Skillett and put it over a  
Moderat fire keepe stirring it with a stick, simmering  
till it comes to a Salve, then pover it into a broad  
Earthen Dish to Cook till it is fitt to make into rolls  
For the eyes you must cut the Plaster small about  
the breadth of a Crown piece and lay it in the Hollow  
behind the neck

(110)

A most exelent receipt  
for a Pain in the Head

Take a very large Onion and Cut off the top and Slice  
out the Core and take as much of the poudre of  
blacke pepers as you can put in to Slice in the Core,  
against and put on the top, you Cut off, and roll  
it up in a Collwart leaf and rost it very well in  
wood Embers, then Squeez it and put it in a lambricks  
Cloth and lay it to the part where the pain comes  
as warm as you can suffer it and keepe it on till  
the pain goes off

(111)

A most exelent water for

fore eyes

rost an egg hard and take out the Yelke and  
leave the white in the shell and fill it with  
Whit Sugar Candy and Alam in very fine poudre  
and set it again in the Embers and when tis  
dissolved Sque a Cloth in it and wipe your eyes  
with it it will not keepe above four or five days



To Stop the immoderat  
Flux ~~in~~ in

Women

Take red Nettles String and beat them with a little salt and put them in a bagg to her back, and it immediately stops them and some times take the Juice of them a Spoonfull at a time in any liquid thing

( 111 )

To make Lady Wermorlands  
Eye Water

Take a Gallon of the best whit Lisbon wine and a Gallon of Romyery Flowers three quart of Garden Snails foure good lemons a handfull of Balme and a handfull of Flax Seed foure shells of Ischem paper shell the snails and wash them in twelve severall waters boyle the flax seed slice the lemons peel and all and seare the paper in bitts very small cover the botom of the Still with slices of of the fattest part of a sholder of bealls and put in the snails first then the romary flowers and the other things on top then power the wine over it and still it in a close still part up the still and keepe wettt clothes on it it will run three quarts very good keepe it by it selfe and do not mixe it with the small put to every full pint two ounces of white Sugarcandy beat and finely sifted



and on Drame of fine prepared pette and keepe it  
for your use (112)

For Conuulsion Fitts or any  
other Fitts in Chittorek  
men or women

Take as much of the fillings of Pewter as  
will lye on a Three pence, mix with it a little  
nutmegg and Sugar: and giue it to a Child morning  
and evening in Sirrope of violets: if the fitts  
are very violent repeat it every six Hours: you  
may giue it in breast milke to a Child: to a  
man or woman giue morning and evening  
as much as will lye on a broad shilling: in  
any liged thing the fillings must be of the  
finest pewter: sifted throo a sifney the nutmegg  
and Sugar add nothing to the, but desquing  
the Conuulsion tis best giuen at the new and full of  
the moon if the fitts shoud not be gone before  
howeuer it will probabely preuent the return

(113)  
For the Kings Euell or any Scrofulous  
Humour

Let the person infected drinke Sanicle twice a day  
infused in water halfe a pint at a time or such  
a quantity as they find will purge them twice or thrise  
in a Day, Let the sores be washed with the same water  
made as you drinke it warm, and haue fresh Sanicle  
leaves clapt between your hands to put uppon the sore  
let the Patient Smoke Tobacco euery time it is dressed  
which shoud be twice a day: and take the Tobacco



Ashes burnt white and put into the sore, it will make it smart for a quarter of an Hour and then the this need not be done but once a day or every other day, if the party be impatient tho the soffer it is done the better for this tobacco powder draws out a poysonous humour that stinks intolerably when you have washed the sore and put in the powder spilt upon some of the leaves with the tobacco spittell and cover the sore all over with the leaves two or three times double in stead of a plaster this cured a young woman that had bene under the cure of the most eminent surgeons in England almost a year and they had given her up and she was perfectly cured with this prescription which was given me by her Aunt

( 114 )

### A Powder for the Teeth

overushells called Gentian roots and Tartens dissolved of each halfe an ounce powdered by themselves and then mixed this preserves the teeth and fastens them

( 115 )

For any violent Rhume which falls upon the Lungs or violent Cough.

Dr. Ray:

Take pills of Morax one drachm flower of Sulphur and extract of Gentian of each one scruple beat these up with Syrops of hony and make into a mass and make going to bed if the cough should be violent or every other night as you may best this very fit to be fasten



A rare Plaster for sore eyes or the  
 South Ach to be laid in the neck or  
 spread on leather and laid to the soles  
 of the feet

Take of Gum Dragagath halfe an ounce: of Marticke  
 and Olibanum of each three Drames of Bolealmonick  
 one Dram: of Mirtell seeds of Spilliam seeds and Com-  
 granet flowers of each one Dram of Burgandy Pitch  
 Six ounces of Gum Carana strained right for ten  
 Drames to make it draw the more of Gum Eleaie  
 three Drames Venice Turpentin halfe an ounce  
 make a plaster thereof after this maner let the  
 Gum Dragagath martick Olibanum Bolealmonick  
 mirtell seeds Spillium seeds and Comgranet flowers  
 be beaten to fine powder. Generallly then take the  
 Carana Gum Eleaie and Burgundy pitch and let  
 them be all melted together over the fire when  
 they are melted incorporat them with the Gum  
 last of all put in the Turpentin mingle them  
 very well and make them up into rowles and keepe  
 it for use

the powders must be beaten all the Apothicarys  
 generallly and take care it be not boyled to much  
 for then it will not stick so well it had better  
 be to little done then to much for then it is  
 but boyling it again but if it be to much it  
 will crumble to peeces

For the Gout

Take a Gallon of the best Brandy put in to it halfe  
 a Bushell of ree honny gathered out of wheat let it



Stand in the sun three daies then Strain it off repeat  
 this three times and the third time you have strained  
 it off put in to it two Ounces of Dascordian two ounces  
 of Methurcate a pound of Sugarcandy beat fine mix  
 these all well together and put it up in bottles for  
 your use when any person is ill of the Gout and tick  
 at the Stomack let them take three or foure Spoonfull  
 of it Shaking the bottle

(118)  
 Doct<sup>r</sup> Chenys Diett Drinke

Take of Garden Scumy Gras Dried and Swart stoer  
 of each two handfulls Roman wormwood tops and  
 Centarry tops of each three handfulls Burdock roots  
 and Horse Radish of each two Ounces Mustard  
 seeds and Juniper Berries of each one Ounce send  
 four Ounces a Dozen of rusty Nails put all these  
 in six Gallons of new Mashing Beer and let it  
 stand ten daies and then Make it your Common  
 Drinke

(119)  
 A Most incomparable receipt  
 for a Cough

Take a penywort of Oyntment of Marsh  
 Malowes and as much Oyle of Roses melt it  
 over the fire and Anoynt the breast and Stomach  
 with it and rub it in very well with a warm  
 hand then lay the Call of the Veall rubes with  
 the oymment and laid on as warm as you can  
 suffer it and put a paper over it and a warm cloth



as hott as you can suffer it and keep you selfe very  
warm and in three times being it will cure it

(120)

To stop any vomiting  
take a Wine Glass of sack and better then halfe a  
Spoonfull of Juice of Lemon and Drinke it will stop  
it immediately

(121)

To Make Doct<sup>r</sup> Chenys  
Bitter Sinture to increas  
an Appetit

Take Double Chamomile flowers small handfull Roman  
Wormwood butt on Bugell Gentian Root halfe a Drachm  
the outward Barke of Orange peeles halfe an Ounce  
Coriander seeds two scrupells infuse them in a quart of  
milke water twelve hours strain it throw a Jelly bagg and  
take six Spoonfulls at a time in the morning and at  
fines a clock at night

(122)

a most exelent receipt to cure a Dropsie

Take a quart of New Milke from the cow put  
in to it nine cloves of Garlick peeted and boyle  
it till it comes to a pint and halfe and Drinke  
halfe a pinte every morning for three mornings  
then rest one morning and take it three mornings  
again so do till you have Dranke it nine times

(123)

For any cough or Consumption  
the Candied Ringe roots two ounces Scovener  
roots two ounces Marsh Marigolds roots three ounces



Comphoy Roots two ounces Scrape them Clean  
and Slice them thin then Denie them into ten  
parts then take one part and boyle it in a quart  
of Spring Water till it comes to a pint then  
boyle a pint of Milke and add to it Drinke  
half a pint in the Morning and halfe a pint  
in the afternoon

(124)

A Receipt to Stope any

Flux ~~\_\_\_\_\_~~ after a

Miscarriage or at any other time

Take two Nutmegs roast them in Embers and  
Pound and Sift them very Small and fine: add  
to it an equal quantity of Bollalmonack powdered  
and sifted very fine Also mix it up with  
Double the quantity of Roe quince Marmalade  
of for want of that as much the Conserve of  
Red Roes take as much at a time as a large  
Nutmeg in the Morning fasting and at four  
of the Clock in the Afternoone and Drinke  
after it a Glass of Rakebus Water plantain or  
orang flower Water.

(125)

for the Jaundie Dr. Cheyne

So a pint Claret wine scrape in a dram  
of Luscibes Scrape set it over the fire with  
a bit of Cinamon when the Soap is melted Drinke  
it as warm as you can for three morning till well



## Mrs Becks Gargoyne Powder

Take of Pearle Corrill Crabs eyes Contraerua  
 Virginia Snake root of each one Ounce made into  
 fine powder which must be done severally and ground  
 with some Cordiall water or else it will not be  
 fine enough: then take of the black tips of Crabs  
 Claws: which shoud be taken when the Sun is in  
 Cancer and the Crabs fresh make them into powder  
 being also ground on a Stone and take as much of  
 this as of all the rest: mix them altogether and  
 pas them through a fine sieve as a Dram of Saffron  
 and as much amber in fine Powder: then take three  
 Vipers skins Clipt into water boyle them to a strong  
 Jelly and run them through a bag as a Dram of  
 Saffron to the liquors and as much volatile salt of Horn  
 mix the powder in the Jelly and let it in earthen  
 plates to dry and when it will beare it rolle it in  
 balls and lett them in a Stone to Dry turning them  
 some times you May ad Halfe an Ounce of Orientall  
 Beasors

(127)

## To make Syrope of Melepedies

take a pint of wood lice throw them upon a Table  
 to throw of there sand then wash them in whitwine  
 and put them in a pott and cover them with wine  
 an Inch above the lice lett them in a Warm place  
 for twenty foure hours till the lice are sweete then



Bruse them and Strain them very hard throu a  
Course cloth ad to it three or foure Spoonfulls of  
oring flowers Water then boyle it to a Syrope with  
fine Sugar this is the greatest Sweetener of the  
blood in the world and is exelent for any Cough

(128)

The best thing in the world  
for any outward Bruises

Take Iuey Leaves and boyle them in Spring  
water and put in the boyling a peece of  
Roach Allam and when they are well boyled  
lay the leaves all ouer the Bruise and bind  
them on with a cloth and put on fresh every  
Day

(129)

To Make Lady Andersons Diett  
Drinke for Dropery Scuruy or Rumatick  
Pains

Take foure Gallons of new ale or Midelling Beer  
put into it eight ounces of brused Mustard seed  
~~two~~ <sup>or three</sup> handfulls of red sage foure lemons and a  
peny worth of cloves put your lemons as to  
roast and stick the cloves in them lett it  
stand foure or five Daies and Drinke of it  
halfe a pint mornings fasting and at any other  
time of the Day



## To Make Syrop of Straberys

Take three pints of Rectified Spirit of Wine twelve quarts of Straberys put it together in a wide Mouthed Glass and lett them stand till the Sinture is extracted which will be in three or foure Dayes then lett them Strain out without pressing throw a Flanning bagg then repeat the Sinture with the same quantity of Straberys: strain as before then take two pound of Double refined Sugar to each pint of the liquor and set it on a Gentle fire and keepe it limmering stirring it all the while till the Sugar is melted and it becomes a Syrop then take a quarter of a pound of Double refined Sugar beaten and Searched mix with the Sugar halfe an ounce of Naturall Balsam by little and little in a poring an stirring it together with a spoone then take some of the Syrop and mix with it till you have mixed a pritty quantity then put all together into a silver or earthen Bason and stir it and when tis well mixed stir it over the fire then take it off and stir it by Degrees till tis coole and when it is cold bottle it up stirring it all the while is is bottling take two Spoonfulls of it at a time in the Morning fasting tis an exelent Cordiall

For a Diabetious by Doct<sup>r</sup> Cheney

Take of torrefied Rhubarb: Astringent saftorn of Steel: of each halfe an ounce: Species of Hyacinth Flowers of Ballaustians of each two



Drams Conserve of Garden Scurvy Grass: Conserve  
 of Orange peel of each an ounce: Gum Arabick  
 Gum Tragacanth of each a Dram Sirups of Quince  
 as much as makes an electuary: lett him take of  
 this the bignes of a Wallnut twice a Day  
 Drinking after Morning and Night a Glass  
 of Bristol waters and lett them be his Constant  
 Common Drink with a little Barabau wine  
 let him eat only Roasted young meat at  
 Dinner and bee only milke Meats at Supper  
 and Breckfast and ride much on Horse back

( 130 )

an infallible receipt for  
 the Jaundie

Take halfe a pound of blew Currants an ounce  
 of Rubarb and three peny worth of Saffron pound  
 it together with three or four Spoonfulls of  
 sack and take about the bignes of a Nutmegg  
 morning and at foure of the Clock in the Afternoon

( 131 )

To make Doct<sup>r</sup> Fowlers  
 Sincture

Take Leaves of Senna, Elicompane roots Dried  
 and Sliced Signorish Anniseeds Coriander Seeds  
 Guaiacum of each two ounces Malago Passins  
 washed Dried and Stoned one pound Steepe all these



in three quarts of the best Aquavite in a Glass bottle  
a fortnight or till it become of a red colour which  
strain off and keep for your use take four fine  
or six Spoonfulls in any fitt of the Collick of belly  
or Stomach in any fitt of the Stone in the Kidneys  
in any surfeit of indigestion: repeating it in fives  
or six Hours if need be if you halfe the quantity  
of Aquavite on the same Drugs and lett it stand  
twice as long as at the first it will be as good you  
must bruse all the seeds and slice the roots small

( 132 )

To cure a Setton

Take a new laid Egg and boyle it uery hard cut it  
Down the long way and take out the Yelke and  
fill up the place with mirk in powder tye the  
egg close together and lay it in a cellar in a  
plaster plate when the Mirk is Melted with that  
Liquor anoynt the Setton three or four times a day

( 133 )

A Plaster for the Stomack

good to cure a Colec and Consumption

Take halfe an ounce of Bees Wax halfe an ounce  
of Burgandy Pitch a quarter and a halfe of Lours  
Turpentine a quarter of an ounce of Oyle of Mace  
melt all these on a uery slow fire: then pover it into  
a Bason of Spring Water and let it lye a quarter  
of an Hour in the water then put it betwixt your



hands and worke it for an Hour with your fingers it will  
stick like Bird lime after which you may spread it  
on a peece of leather cut in the shape of a Hart Grad  
sum Nutmeg on it put the Broad end Downwards

( 134 )  
To Make the Countess of Kents  
Powder

Take on Ounce of pearle on Ounce of Correll on ounce of  
Amber on ounce of Crabes eyes foure ounces of the blake  
fines of Crabes Clawes which must be taken in June  
all these must be beaten to powder and sarched very  
fine put also on Ounce of Viper powder and on  
ounce of Virgines Snake roote in fine powder and  
on Ounce of Contrayerva twelve Grains of Beaser  
three Grains of Ambergreece and Halfe a quarters  
of an Ounce of Ringlish Safron all very finely  
Beaten and powdered then Grind them all together  
uppon a Stone with some Plaque and strong Poppy  
water then Make a pint of Hartshorn Jelly with  
Viper skins in it ~~and~~ and When it is Cold make  
up all these powders with Halfe an ounce of Alcermis  
and a Dram of Violet salt of Harts Horn

The Virtus of this Powder

it is good to Preuent the Small Pox and bring it out  
it is good to preuent the plague and to be taken in  
it tis good for any one that is going in to a Consumption  
if it be taken daily for a good While together it is  
Most Excellent in all burning fevers and against all  
sorts of Poysons it helpe all Agues Comforts the Spirits  
and hepes all trembelings at the Heart



An exelent medison for  
a Cote and Cough

Take halfe a Dram of Venice Treacle and as Much  
Garcoine Pouder made into a Bolus with Balsamic  
Syrup for two or three nights and drinke a Draught  
of sack whey with it: At this shoudt heat you  
the first Night take the Next night forty Drops  
of spirit of Harthorn in your sack whey  
and omit the Bolus for a Night or two

(136)

Doct<sup>r</sup> Chenys receipt to raise the  
Spirits and increas an Appetite.

Take off wormwood Topes and Camomile Flowers  
of each halfe a Handfull of Gentian and Zedoary  
of each halfe a Dram Dried Oran peel halfe an  
ounce Cardamons and Cubes of each halfe a Dram  
pouer on thes three pints of boyling Water when  
Cold Strain some and add a pint of strong Wormwood  
Water and an ounce of Bally Water mix it and  
and take foure or five Spoonfulls of it at eleven  
a clock in the morning and six or seven at  
Night

(137)

For a Chin Cough in Children  
Anoynt the Soles of their feet before the fire  
With Boore Greas and put to them a sheet of linc  
paper cut the shape of a foot



For the Rickets in Children  
infallible

Bathe all their limes and back before the fire  
often with the clearest and thinnest Skim Milke  
made as warme as Milke from the Cow

139

For a Bloody Flux or Loosenes

Take of Cinamon in powder Cassia Leguina  
in powder of Opium Each a Dram Myrrh in powder  
Long pepper in powder round pepper in powder  
and Galbanum of Each two drams mix them  
together in a Mortar and w<sup>th</sup> clarify'd honey  
beat all together and make it up in pills abt  
the bigness of a large pea, of w<sup>ch</sup> take two  
at night going to rest and two in the mor-  
ning fasting, for a child give a lesser quantity  
according to the age

139

For Hawes Dyed Drink to  
sweeten the Blood

140

Take a handfull of red rose leaves a handfull of  
Sumitrey a handfull of sage leaves a handfull  
of wood sorrell put them in two quarts of sweet  
whey and scald them very well and straine it  
it dyes drink half a pint morning & evening  
for a fortnight or three weeks



141  
A rare oymment for a Burn or scald -

Take a Large handfull of Elder Leaves a handfull  
of mallis Leaves a handfull of young Fenill a handfull  
of featherfew pound them so gether very well then  
take a pound of fresh Hogs Lard & put y<sup>e</sup> Herbs to it  
and lett it stew over y<sup>e</sup> fier till y<sup>e</sup> Herbs grows scruple  
then strain it in to y<sup>e</sup> Bots you'll keep it in when  
it is cold & ye a Blader over it it will keep many years

To make Lady Kildares Lavender water

142  
Gather three pound of Rosemary blossomes and steep  
them in as much Brandy as will Cover them and  
and keep them close stoped in a glass or earthen  
vessel till y<sup>e</sup> Lavender comes in then strip the  
Blossomes and take thirtein pound which put in to  
y<sup>e</sup> Elambick with y<sup>e</sup> Rosemary as soon as you can  
and put in as much fresh Brandy as y<sup>e</sup> flowers will  
soak put in a quart of water att y<sup>e</sup> bottome & throw  
up y<sup>e</sup> Brandy

143  
To make snail water

Take two Pecks of snails put them in a large  
earthen vessel & throw on them a good handfull  
of salt & lett them purg 12 hours then Crack the  
shells and wash them very Clean that there remain  
no slime then put them in y<sup>e</sup> still & put to them ten  
onces of Eringoe root two onnes of Comforrie root ten  
onces of white sugara Candie ten nutmegs Cutt small  
ten quarts of barlie water & one gallon of Mallagoe  
juice



144

To make a water ~~to cure~~ to Cure  
a Consumption

Take ground foy mint Balm. Lungwors of Each  
four handfulls Flowers of Archangle. Elder Rosemary  
Betoney of each six handfulls half an ounce of saffron  
half a pound of Candyed Eringoe roote y<sup>e</sup> whites of  
12 new Laid Eggs ten pound of snail's picked and  
pounded a quarter of a pound of nutmegs bruised a  
Gallon of Balme sack & ten quarts of new milk  
stire all these ingredients well to gether and still  
it in a Cold still

half a pint taken morning & evening & going to  
bed is enough for a person in years

145

Toe uneeles Electory for y<sup>e</sup> Ague

Take one ounce of y<sup>e</sup> Bark finely powdered  
a quarter of an ounce of snake root powdered  
three grains of y<sup>e</sup> salt of worm wood half  
an ounce of Conserve of y<sup>e</sup> rine of sivile orange  
make it up in an Electory with a little  
sirap of oranges

Take every four hours a piece as larg as a  
<sup>small</sup> wall nut not missing every four hours in y<sup>e</sup> night  
if weake washing it down with Cold sirap water  
Continue taken it till y<sup>e</sup> pot is out observe not to  
take it when y<sup>e</sup> sitt is in you nor dont eat  
milk fish or herbs while you are in  
this course



take as much sulphur vie as will lie on  
a six pence in a small sea Cup of new  
milk night & morning for three days

Doct meads Plaster for a pain in y<sup>e</sup>  
breast or any other part -

take four ounces of Pareguleuge with y<sup>e</sup>  
gums, half an ounce of oyle of mee by  
expression melt these in a new earthen  
pitten and when it is coole role it up  
in little roles or for present use y<sup>e</sup>ned  
it on leather & lay it on where you  
find y<sup>e</sup> pain, it will keep years

147  
Doct Friends recipe for a fever -

of Juice of Limons one Ounce, of Salt of Wormwood  
half a Dram of Syrup of Cloves two Drams, of Cold  
Cinnamon water two drams. mix all together and

take the above quantity Every Eight hours and at  
night going to rest take the following <sup>cordial</sup> one ounce  
of black Cherry water half an ounce of Diacodium  
half an ounce of Oracle water mix them well toge  
ther and shake the bottle before you drink the cordial

~~This is the same as the~~



148  
Mrs Middlecoates receipt  
for a dropline  
Take 7 leaves of Rabbey  
cuckey stalks and pound  
them well and strain  
them and take a spoon  
full of 7 Juice and a  
spoon full of right  
~~white~~ white wine vinegar  
and take a spoon full  
of this every four hours  
till you find self  
quite Cured



To make the <sup>149</sup>Linchure of Bark  
of the Twig Bark broken in small pieces two  
Ounces put it into a Bottle that has a Screw cork  
and put to it four ounces of Sal armoniac  
shake the Bottle well and let it stand three  
days, of this take one Ounce for a Dose.  
after you have drawn off the first quantity you  
may put two fresh ounces of the Salt into the  
Bark, for will bear it <sup>150</sup>

For the Squin<sup>150</sup>sy  
Take of Common field Gease Root & Top Pound it  
& press out of juice & power a Tea Spoonful. Down each  
Nostril

### Syrup of Toulowe

Three pints of the Juice of wood Strawberries  
put to it an ounce of Toulows Simmer them over a  
fire a very Long time till the Juice comes to a quart  
but just before you take it of the fire add to it a p.  
of brown Sugar Candy Let it boyle in it to a Syrip  
w<sup>n</sup> it is cold take out the Toulows & Bottle is up for use



For the Cholick — <sup>151</sup> By Dr. Reddiffe

Take Species of Hiera Picra half an ounce Rheubarb  
Sliced half an ounce, Juniper berries bruised two  
Drams Saffron ~~half an ounce~~ one Dram Cochineal  
a Scruple bruised Infuse them in a Quart of the  
best anyseed water for a fortnight Shake the  
Bottle morning & evening for the first three days  
Let it settle & then Strain it off Take four Spoonfulls  
at night going to bed & three the next morning  
Either alone or in a Glass of Warne Ale. You may  
take three or four Spoonfulls at any time of the day  
w<sup>h</sup> you have Occasion but do not omit taking a  
Dose at night

<sup>152</sup> Bol Samick Cholick Drops

Take Balsom of Peru one ounce Storax Callamita two ounces  
Benjamin Impregnated in Sweet Almonds three ounces Aloes  
Citeron Myrrhe elect, purest Frankincense, Roots of  
Angelica, flowers of St John's Wort of each one ounce, beat  
them together & put them in a Bottle, then put to <sup>em</sup> a  
Pint of the best Spirits of wine Stop it well & let it in  
the sun all the Dog Days at the End of w<sup>h</sup> Strain it  
through a fine Lining Cloth keep it well Stop'd w<sup>h</sup> you  
take any out Stop it well Seal it Evaporates



The virtues of y<sup>e</sup> foregoin Balsom

There is no Cut of Iron It not Morlad but it heales  
in eight days by applying it wth a feather Cotton or  
Injection provided you use nothing else first  
& there needs not a Tent or Plaster  
for the Cholicke

Put fifty or sixty Drops into some powdered Sugar  
Drinking a Glass of white wine after it, it is good for  
a green wound applyd Cold

To Make Lucaled Balsom

Take a lb of Venice Turnentine, a qt of the oyle of St  
Johas Wort - half a lb of vergins wox, Cochineal an  
ounce - Alkaret two ounces read Saunders four  
Ounces Natural Balsom six ounces Sack half a pint  
Rose Water a Pint, Let the Cochineal be first bruised &  
infused in the Sack untill it has received the ~~full~~ Perfume  
then cut it & the wox being cut into thin slices, Let y<sup>e</sup>  
Sack be set over the fire in a Silver bason or pipkin  
wax globe, softly melting & well stirring till it incorporate  
the Turnentine being sufficiently washed in rose Water  
till it be white Let it be added to the wox & gently boyle it  
but keep it stirring & it burn not wth being well boyled  
Let it cooling for y<sup>e</sup> night Let the Alkaret roots be sliced  
very thin & put into the oyle of St Johas Wort wth Boiling



having infused it night Set them a Litle on the  
fire next morning & Strain them Your severall  
preparations being thus made returne to the first  
& Cut up the Wax & Turpentine & Set it to melting  
wch wh it is thoroughly done pour in y<sup>e</sup> oyles  
& keep it stirring till it be well mixed then put  
in the saunders & stir all well together then  
boyle it a Litle & take it off the fire & Strain it  
thorough a thin Cloath & keep stirring it till it  
be almost cold in wch temper put in the hard Balsom  
& Continue stirring it well till it be quite cold  
then put it into pots for use & it will preserve  
its vertue for many years

To take grasse out of bords  
Take whites of Eggs and beate  
them to a frooth and put it on  
ye brough and scower y<sup>e</sup> spot then  
wash it clean off with water





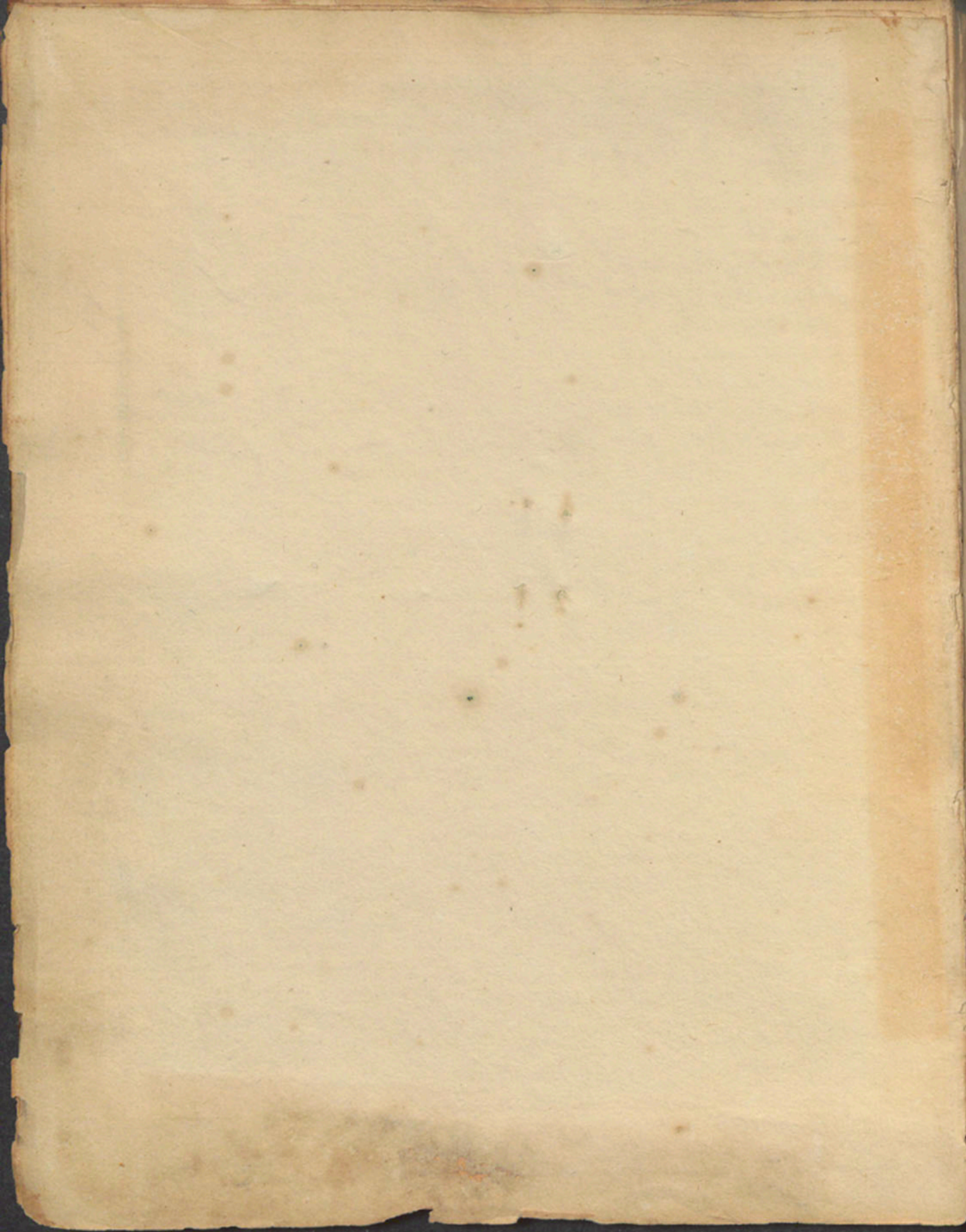


The Table

To Make an incomparable Ballrom  
 Do<sup>ct</sup> Gibons electuary and Julip for the Spleen  
 To preserve Walnuts for Purging  
 very good Loxenges for a Cough  
 an incomparall powder for the Collick  
 To Prevent miscarriage  
 For Stomack Wormes  
 To Stop the violent Floods of Thore  
 for an Ague Spruned  
 To make Sugar of Roses  
 an exelent medison for Convulsion fitts  
 to make an oyle in June good for Any Wirth or sore breast  
 a Rare medison for the Stone  
 the Rouno Drinke  
 Sirup of Saffron for a Cough  
 To make Sirup of Violets  
 Doct<sup>r</sup> Jowers bitter Draught  
 an exelent receipt for the Gaudice  
 a rare Syrrape for a Cough  
 m<sup>r</sup> Baglys Cordiall Ale

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*Some other Particulars of great use in the Plague,  
in case the foregoing things are not at hand.*

*During the last Plague in London, to great Numbers of the  
Common Poor People, This following was successfully given.*

*TAke Common Salt Petre 4. Scruples. Flower of Brimstone one  
Scruple. Saffron and Cochinele of each 6 Grains, all in fine  
Powder, mix for a Dose. This was repeated Morning and  
Night so long as Need required, and of some Thousands  
to whom it was given (Physicians tells us that) not ONE died.  
The Receipt of a particular Remedy by which Sir Kenelm Digby  
preserved himself & Family from Infection in the Year, 1665.*



For Robust Constitutions who have been accustomed to hard Fare, Spirit or Oil of Turpentine taken from 4 or 5, to 8 or 9 Drops now and then in any Liquor, will be a great Means to preserve the Poorer sort from Infection.

For Poor People, This following is an admirable thing & also Cheap. *Take of Sugar Candy 3 Drams. Ginger 2 Drams. And Camphir one Dram: All being in Powder mix for 6 Doses. Take a Dose Morning and Night in any Liquor.*

Fifteen or 20 Drops of Spirit of Hartshorn, or Lavender, Or of Sal Volatile, in any Liquor is also very good.

*Or Take an Ounce of Treacle Water: Of Saffron the Quantity*



Snagle water for a Consumption

Take a Bushell of Garden peyles wash them in Bearechill  
They are very Cleane then beat them Shells and all in a Stone  
mortar then take a quart of Earth worms flour them in Salt  
And wash them in beare and bruse them Take Angelica  
Galendine Red Dock roots Agimoney bark of Barbery wood  
Forrell Bitteny Maydenhays of each a handfull ad to the  
Maydenhays a double quantity of fenugreek and Turmarick  
of each an ounce of Rosemary flowers a quart of Rue halfe  
an handfull put all these in a rap pott or Still, put to all these  
two Gallons of Strong Ale and Gallon and halfe of Small  
frensh White wine And stop very Close And Let it stand all  
night the next morning put three ounces of Cloves beaten  
and six ounces of Harlskorn, then put an ounce of Saffron in a  
bag and a halfe pound of Sugar Cased into a vessel And Let the  
Still or Limbeck drop on it



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